The State Hornet

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SACRAMENTO STATE DIVERSITY | MULTICULTURAL NIGHT

Ashley Knight State Hornet

A Native American dancer represents a cultural dance at the sixth annual Multicultural Night on April 30. The event was held in the University Union and was hosted by Epsilon Sigma Rho, University Union UNIQUE programs and the Mutli-Cultural Center.

SEE THE FULL STORY ON A8

"It's a false promise and that's why I'm against it. I don't think it's good for students...it would be very disastrous."

Lila Jacobs, president of the CFA Sac State chapter

CFA presents 1A to students

By Julia Baum
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The May 19 special election will leave Californians, including Sacramento State students, in charge of deciding how to resolve the state budget crisis.

Many students have expressed uncertainty about the issues they'll be voting on. The confusion prompted the California Faculty Association to host a teach-in on Monday in the Hinde Auditorium. The teach-in was split into two sessions and educated the public - mainly students and faculty - about Proposition 1A and the California State University system's budget situation.

Prop. 1A, also known as the Budget Stabilization Act, would limit future deficits and spending by increasing the state's "rainy day fund." The act would require more than the usual amount of revenue to be deposited into the fund and used during economic downturns.

"It's a wolf in sheep's clothing," said Lila Jacobs, president of the Sac State CFA chapter. Jacobs said Prop. 1A would freeze the university's budget size, without funding levels increasing, should the economy improve.

"It's a false promise, and that's why I'm against it," Jacobs said. "I don't think it's good for students. I don't think it's good for education...it would be very disastrous."

Jacobs said teach-ins have played a significant role in the course of modern history, particularly during the Vietnam War era.

"They definitely were a big deal in the '60s, because people were against the war, but they didn't know how the United States wound up in the war," Jacobs said.

Jacobs said teach-ins are a great way for people to become knowledgeable on the general background of issues affecting them.

"In 50 minutes, you can get a beginning overview of the process. I think it can be very helpful to people," Jacobs said.

Kimberly Nalder, government professor, was one of three lecturers at the teach-in. Nalder said the teach-in was important for the public to learn about the upcoming election because the related issues are detailed and complex.

"We expect people who are not specialists to make very complex decisions, and it's very unlikely that any of us will come to the table with enough proper information to make a good decision," Nalder said.

Nalder said Prop. 1A could be considered a political paradox because of its very nature. She explained that if Prop. 1A passed, it would limit the funding for CSU campuses and programs to earlier funding levels.

"These projections are based on what we've been doing in recent years," Nalder said. "We could potentially be locking in these 'lower-than-some-people-would-like' amounts."

This would mean that if a department required an increase in funds to continue its services, it would either have to find money elsewhere, or make cutbacks in other areas within. Since $600 million was lost from the CSU budget between 2002 and 2004, it would be difficult for those programs to make up those differences.

"On one hand, voters always want lower taxes, and on the other hand voters always want continued services or an increase of services," Nalder said. "The legislators are the only ones who have to actually choose between those things."

She said legislators have to compromise and agree on which budget issues to prioritize, but this can be difficult because of how polarized both major political parties have become.

Nalder said the state income fluctuates from year to year depending on people's incomes. She said part of the budget's unpredictability is because items must have a two-thirds majority vote in the Legislature to pass.

CFA members are also troubled that if Prop. 1A passes, the governor will be able to make mid-year budget cuts of up to 7 percent on unprotected areas of the state's General Fund, including the CSU.

"The governor would have new powers to take money out of particular sorts of budgets," Nalder said, including cost of living increases for social programs. "He could actually just cut at will with-

see **CFA** | page A4

Cars show up for club fundraiser

By Michael Mette
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Saturday's rain didn't stop passionate car enthusiasts - with beers in hand - from attending the Hornet Racing Club's car show at Sacramento State.

From classic Mustangs to modified Scions, non-student competitors from around Northern California showed their cars to university engineering students who judged the competition.

Competitors took home trophies in various categories such as Best Tuck, Best Sound System, Best Classic Car and Best Interior, among others.

The show was a fundraiser to help finance a race car the club is

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Joey Leonard State Hornet

Parking Lot 8 became the site for Saturday's car show, which was hosted by Sac State's Hornet Racing Club.

Rise in ASI voter turnout

By Catherine Robledo
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Sacramento State students came out in record numbers in the Associated Students, Inc., election with a 14.2 percent voter turnout, which is considered high compared to previous years.

Joaquin Castaneda, Office of Governmental Affairs director, said the voter turnout was 8 percent more than the 6 percent voter turnout last year. For this year, Castaneda said 3,383 students voted out of the 26,611 students who were eligible.

Executive Vice President Roberto Torres, elected as the 2009-10 president, said campaign visibility helped increase voter turnout.

Executive Vice President-elect Shawn Smith said there were twice as many voters as last year and believes the five fee measures on the ballot played a major role in the larger turnout.

"Our slate had members out in the Library Quad each day, which meant we got to inform many students about the issues," Smith said.

Smith said he campaigned every day by handing out fliers.

"Although I won several endorsements and campaigned every day, it was anything but an easy victory," Smith said. Students voted in favor of the fee increases for Regional Transit and Recreational Sports; they voted down fee increases for ASI's internal programs and The State Hornet. The largest increase, the athletics fee, was also voted down, with 57.2 percent of students voting against the measure.

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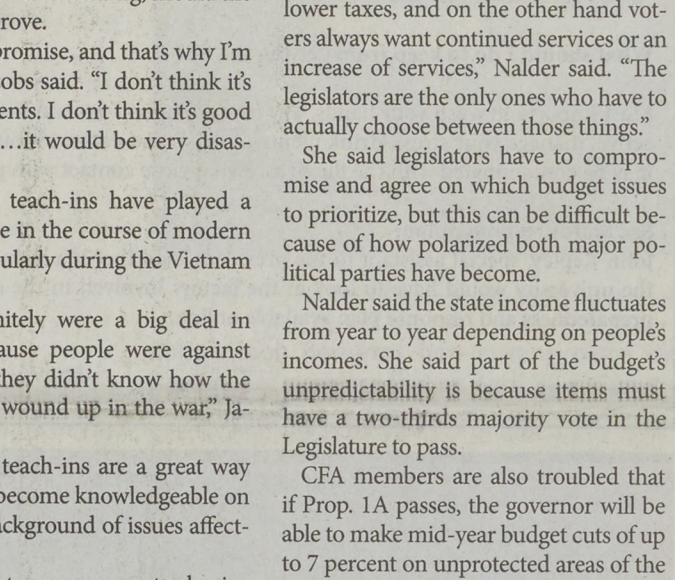

Krystle Coniglio State Hornet

Senior business marketing major Amy Gallina reads through the voter brochure before she casts her votes for the ASI executive positions and the ballot measures.

Arrest links to thefts in Union

By Crystal kirk
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University Police advised students in a bulletin to be on high alert following a recent rise in backpack and bicycle thefts in the University Union and the library.

"Crimes like this run in cycles on campus," said University Police Lt. Daniel Davis. "People find a way to come in and commit crimes of opportunity."

Davis said there is always the possibility of thefts on campus and that students should always be aware of their surroundings.

The pattern in which these crimes occur can be random, but Davis said a string of similar crimes is more common. Davis said many similar crimes can be traced back to one person.

"There may be times when the campus has a repeat pattern of property crimes, or automobile burglaries, or bike theft," Davis said.

The police advise students to use common sense and pay attention to posted alerts and warnings to prevent themselves from being a victim.

Davis suggests students ask a friend to watch personal items when it is necessary to step away for a moment.

University Police Sgt. Kelly Clark said an arrest was made on April 19 in connection with the recent string in thefts. Witnesses called police after observing a man steal a backpack in the Union. The man was chased by several of the witnesses and was eventually located and detained by officers.

The suspect, 24-year-old Tyler K. Rothrock, had an outstanding felony warrant for drug possession at the time of the arrest, according to University Police's media log. Rothrock has since been charged with two counts of second degree burglary, two counts of grand theft and one count of receiving stolen property, according to Sacramento County Superior Court records.

Davis said Rothrock fit the description of the man in surveillance videos suspected of

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NEWS BRIEFS

Private developer looks into constructing massive complex on campus

By Sam Pearson
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Sacramento State officials have quietly been in talks this year with a private developer about constructing a massive retail and housing complex on the south end of campus.

The Sacramento Bee reported that proposals called for the developer, Clark Realty Capital of Arlington, Va., to pay for all construction costs on the $300 million to $500 million project and give the school a cut of revenue it generates.

The plan would need to be approved by the California State University Board of Trustees. The development may connect with the university's ongoing Destination 2010 plan, which calls for building new facilities on-campus in order to improve the school's image.

John Kepley, special assistant to Sac State President Alexander Gonzalez, said discussions were preliminary and there was no timeframe for going ahead with the proposal.

City officials told the Bee that if approved, the project could start construction as soon as 2012.

Contact Sam Pearson in the News department at (916) 278-7248.

Bulletin on Swine Flu

The swine flu virus causes a respiratory disease that can spread between people. Most of the people with the virus in the United States have had mild diseases, but others have had more severe symptoms.

What are the symptoms?

They are similar to regular human flu, and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting associated with swine flu.

How is the virus transmitted?

Flu viruses are spread primarily person-to-person through coughing or sneezing of people with influenza. Another way of becoming infected is by touching their mouths or noses.

How soon can you infect someone else?

Infected people may be able to infect others beginning one day before the symptoms even develop and up to 7 or more days after becoming sick.

Prevention Tips: .

-Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

-Try to avoid close contact with sick people.

-If you get sick with flu, it is recommended that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes or mouth; germs spread this way.

-If you get sick contact your health provider.

What should I do to keep from getting the flu?

Most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Sac State's response plan:
John Kepley, special assistant to the president, said that if a swine flu case was diagnosed at Sac State, the university would have to look at the factors involved in the case. Sac State does have a pandemic preparedness and response plan available online.

-http://www.cdc.gov/swineflu/swineflu_you.htm

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Musicians' recital marks end of road

By Michael Mette
mmette@statehornet.com

A senior or graduate recital is no small task for music students at Sacramento State.

Piano major Surina Yoon took the stage for her senior recital on April 27.

"I had a bunch of butterflies in my stomach before I went on," Yoon said. "I just told myself whatever happens happens. It's all for entertainment."

She performed classic pieces from Bach, Beethoven and Chopin, among others.

Graduate piano major Candice Haitani-Thomas has known Yoon for about four years and said Yoon's playing was magnificent.

"I've known her long enough to see how she has improved," Haitani-Thomas said. "Her playing has become much more mature. It was just awesome. She played so well."

Another student performing a recital, graduate percussion major Bryan Jeffs, stepped into the spotlight on Friday with sticks in hand.

"I was feeling a nervous excitement beforehand," Jeffs said. "You work all year for this one-and-a-half-hour moment. I was excited for it to go well, but the usual nerves always kick in."

Jeffs performed a variety of selections such as avant-garde pieces on bongos to Johnny Cash's Folsom Prison Blues on a bass drum, hit-hat symbol and a Marimba, a xylophone-like instrument with keys arranged like a piano. The audience was on its feet by the end of the performance.

Deborah Cardoza, percussion teacher at the Success Academy in Sacramento, raved about Jeffs' performance.

"He was fantastic," Cardoza said. "The performance was very polished and inspiring. It was the kind of performance that makes you want to go home and practice."

Students graduating with a bachelor's or graduate degree in music are required to perform recitals, the pinnacle of what music department chair Ernie Hills calls the most arduous major.

"I tell entering students, as young musicians, they should make a vow of poverty," Hills said. "If you live in poverty, you have more time to practice, and they need all the time they can get."

Classical piano professor Lorna Peters agrees with Hills' assessment. Including music classes and general education, she said majors are required to attend weekly one-hour private lessons, weekly repertoire sessions, take two semesters of vocal accompanying and two semesters of chamber music. Majors must also prepare either a single junior or senior recital, or two graduate recitals.

On top of that, students perform each semester in front of a jury of faculty to gauge and evaluate their skills. Peters said the amount of work challenges students and makes them grow into amazing musicians.

"I feel that every student who graduates has been disciplined and passionate about discovering the secrets of music," Peters said. "They are able to unravel the complexity of classic music."

To be able to unravel such complexities, these young musicians spend a large majority of their time consumed in their craft.

The fourth floor of Capistrano Hall houses the practice rooms. Walking through the narrow halls, surrounded by the sounds of horns and strings, outsiders to the floor step into a world of complete concentration.

Looking into the small windows of each practice room, there is a common scene of students intently studying their music, as if their life depended on it.

"It takes a special personality to lock yourself away and practice for hours on end for the rest of their life," Hills said.

Yoon admitted that on average, she spent two to four hours a day on the fourth floor practicing. When her senior recital neared, she spent seven to eight hours a day practicing.

"We basically live on the fourth floor," Yoon said.

Jeffs said during the weeks prior to his recital, he would come to school at 6 a.m. to start rehearsing.

"Recently, it's been due to my cats waking me up," Jeffs said. "I just figured, 'I'm up, might as well go practice.' It is basically my job."

However, all this work doesn't detract these student musicians from having a social life.

Yoon said a few years ago, a number of her musician friends planned on having a Halloween party on the fourth floor. She said it never came to fruition, though the thought brings a smile to her face.

"We all knew we weren't going anywhere," Yoon said.

Having fun in Capistrano Hall isn't new to Jeffs, either. He said from time to time he plays his own versions of Led Zeppelin and Johnny Cash songs on the marimba.

"That is actually how I got the idea for my encore," Jeffs said. "I was messing around with Folsom Prison Blues and my instructor (Daniel Kennedy) came in and said, 'That's your encore right?' It's like I succumbed to peer pressure to finish my recital with Johnny Cash."

Considering how the audience clapped and sang along to Cash's ode to Folsom, he doesn't need to second-guess his decision.

Most students at Sac State are not required to have private lessons. Throughout a music student's time at the university, he or she meets with the same professor every week for a one-on-one tutorial.

Hills describes it as a mentorship. As a trombone instructor who has been a mentor, Hills said the instructor really gets to know the student as a musician.

"There where so many times when students would really struggle with something," Hills said. "You would work hard with them until they have that break through moment. That 'ah-ha' moment was always so fun for me."

Yoon's private instructor is classic pianist Richard Cionco.

"He's almost like a mentor in my musical world," Yoon said. "His interpretation of music really means a lot to me."

Before she went on stage to perform her senior recital, Yoon said Cionco told her, "don't just be a musician, be a magician."

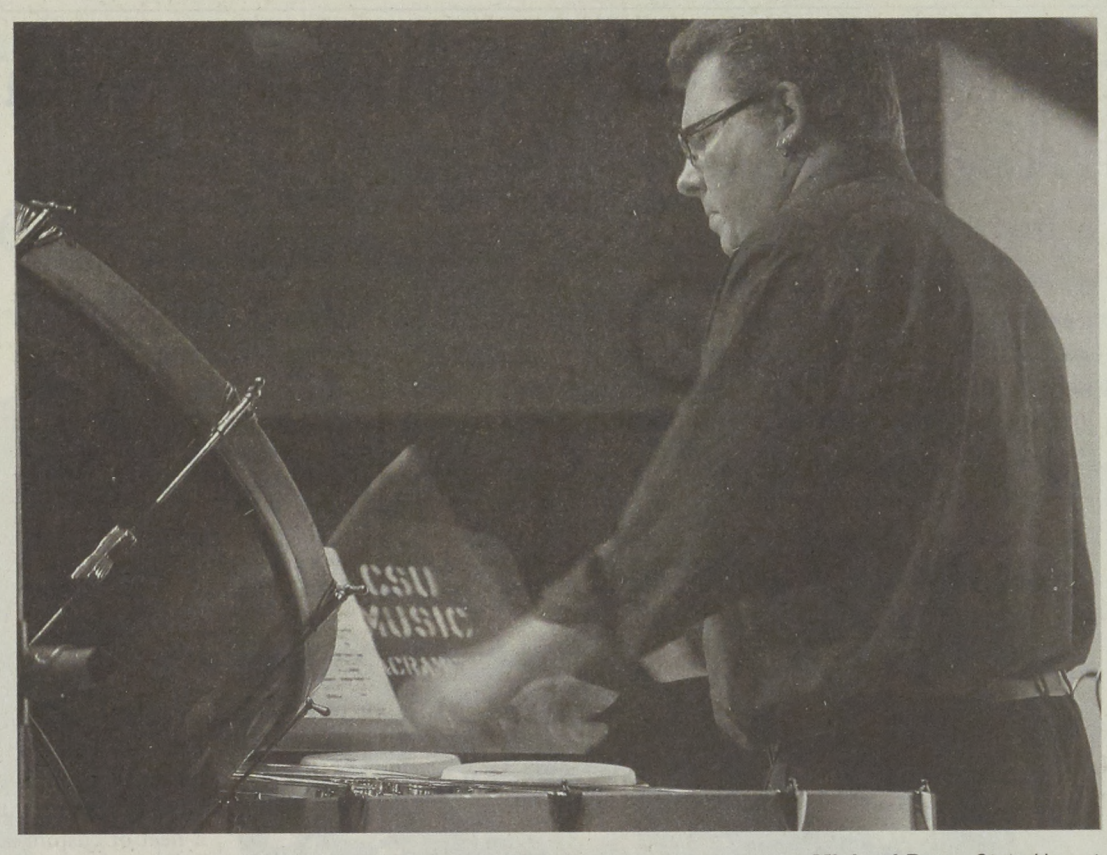
"He told me I had the complete authority of my recital and to take advantage of it," Yoon said.

The standing ovation and whistles from the crowd said it all, as she took her final bow.

Both nights marked a crucial step in these musicians' careers. It was the end of Jeffs' first year as a graduate student and Yoon's time at Sac State, but it is only the beginning of what will blossom into two fruitful lives as musicians.

"Our students are wonderful," Hills said. "Their hearts and souls are truly dedicated to their art."

Contact Michael Mette in the News department at (916) 278-7248.



Michael Perry State Hornet

Bryan Jeffs, student of associate professor of music Daniel Kennedy, performed his senior recital with various percussion instruments on Friday in Capistrano Hall.

Claire Padgett State Hornet

Surina Yoon performs her opening piece by Bach at her senior recital on April 28 in Capistrano Hall 143.

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CFA: Jacobs says Prop. 1A is disastrous, a 'wolf in sheep's clothing'

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out going through the legislature."

John Travis, chair of the CFA Bargaining Committee, urged attendees to vote in the election and said Prop. 1A is such an important issue that it is the only proposition in which the CFA has taken an official position.

Ana Rosales, senior ethnic studies major, said the teach-in helped give her a clear understanding of the budget and how rainy day funds function.

"The wording on (Prop. 1A is) really confusing and even people that study politics can't understand themselves on what it's proposing," Rosales said.

A student intern for the CFA, Rosales said her biggest task has been getting the student body to register to vote in the election. She said many students are still unaware there is an upcoming election.

"The people that are going to start retiring pretty soon within the next five, 10 years are going to depend on us," Rosales said. "If we're not producing educated students where are we going to get people to run companies, how to teach? So for me, just cutting away from our funding, it's not at all the solution."

Rosales said the CSU system is the largest university system in the country and Sac State is one of the most productive in terms of producing legislators.

"You go over in there to the legislators and you ask them, 'What's your educational background?' and I can guarantee you that a good chunk of them are out of the CSU," Rosales said.

Rosales said she is afraid the public will get shafted if Prop. 1A passes and stressed the importance of student power to sway public policy by voting on May 19.

"We are the voters, we are the ones that at the end make the decision whether these propositions pass or not."

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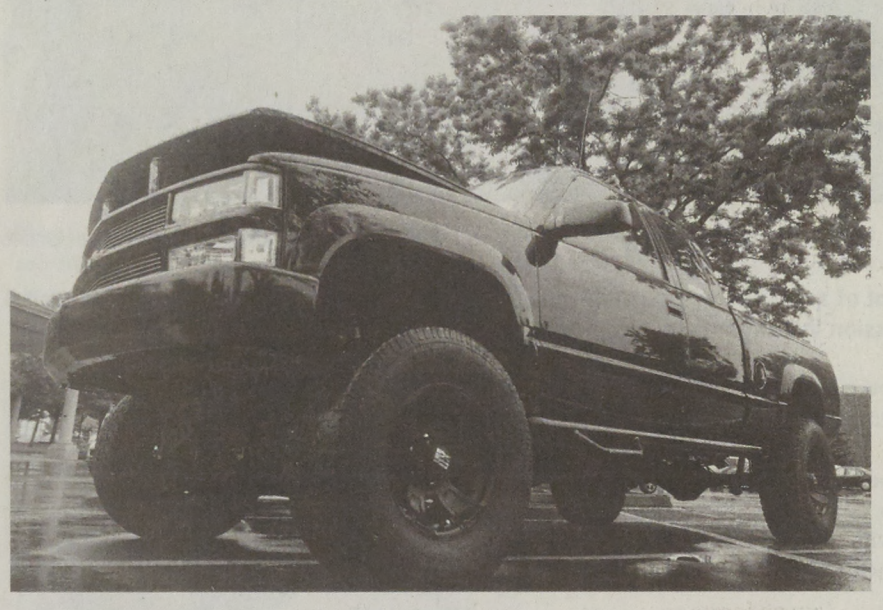
Contact Julia Baum in the News department at (916) 278-7248.

Cars: Club members raise $300 to build race car for competition



Joey Leonard State Hornet

Josh Coyle, Kapital Kreations member, entered his '98 Chevy Silverado on Saturday at the car show hosted by Sacramento State's Hornet Racing Team.

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currently building.

Amber Kantner, sophomore English major, Hornet Racing Club marketing director and former Hornet news writer, said she was surprised by the turnout considering the weather.

"Honest, our goal was to get at least one car," Kantner said. "We're hoping to make this an annual thing. So we can start with one car and build up for next year."

She said it didn't hurt sending out 150 e-mails to car clubs, car enthusiasts and local media outlets around the area to see if they would participate.

The club considered the event a success, earning about $300 towards its race car while sharing in the wide spread passion of cars.

"There are so many varieties of cars here," Kantner said. They completely match up with each person's personality. This has been absolutely fantastic."

The racing club is entering its race car into the Society of Automotive Engineers Formula race at the Auto Club Speedway in Southern California. The competition asks students to design and develop a race car.

Michael Bell, senior mechanical engineering major and president of the racing club, said the club has been participating in the Formula SAE races since the club's inception in 1996.

"The first year we raced we finished 10th, the best we have done so far," Bell said. "But this year we are getting top placement for sure."

The car show competitors ranged from lone drivers who brought their own cars, to car clubs bringing a fleet of customized cars.

Kapital Kreations Car Club member Justin Neuman said he spent about $40,000 over the past four years customizing his white Chevy pickup.

His truck won the award for Best and Loudest Sound System. The water on his truck bed cover jumped from the vibrations of his subwoofers. "It's a lifestyle," Neuman said. "People constantly work on what they love. Musicians play music, writers write and we customize cars."

The Hornet Racing Club members shared the same sentiment.

"This is exactly like tattoos, piercing or wearing certain clothing," Bell said. "It doesn't matter if someone doesn't like it. It's all about presenting you."

Neuman said his truck is still a work in progress, with the next modification being a 40-inch TV screen in the truck's bed.

"My next paycheck is only $20 because of the work I put into my cars," Neuman said, "and also because of speeding tickets."

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Contact Michael Mette in the News department at (916) 278-7248.

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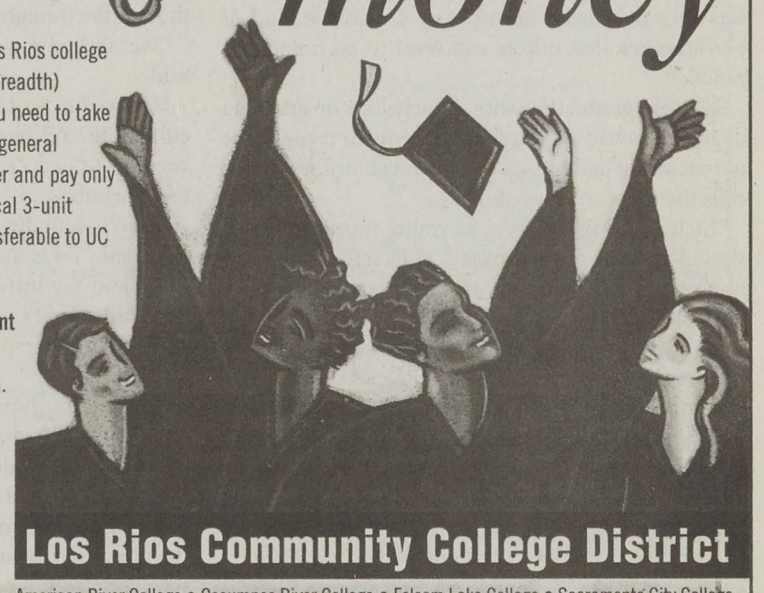

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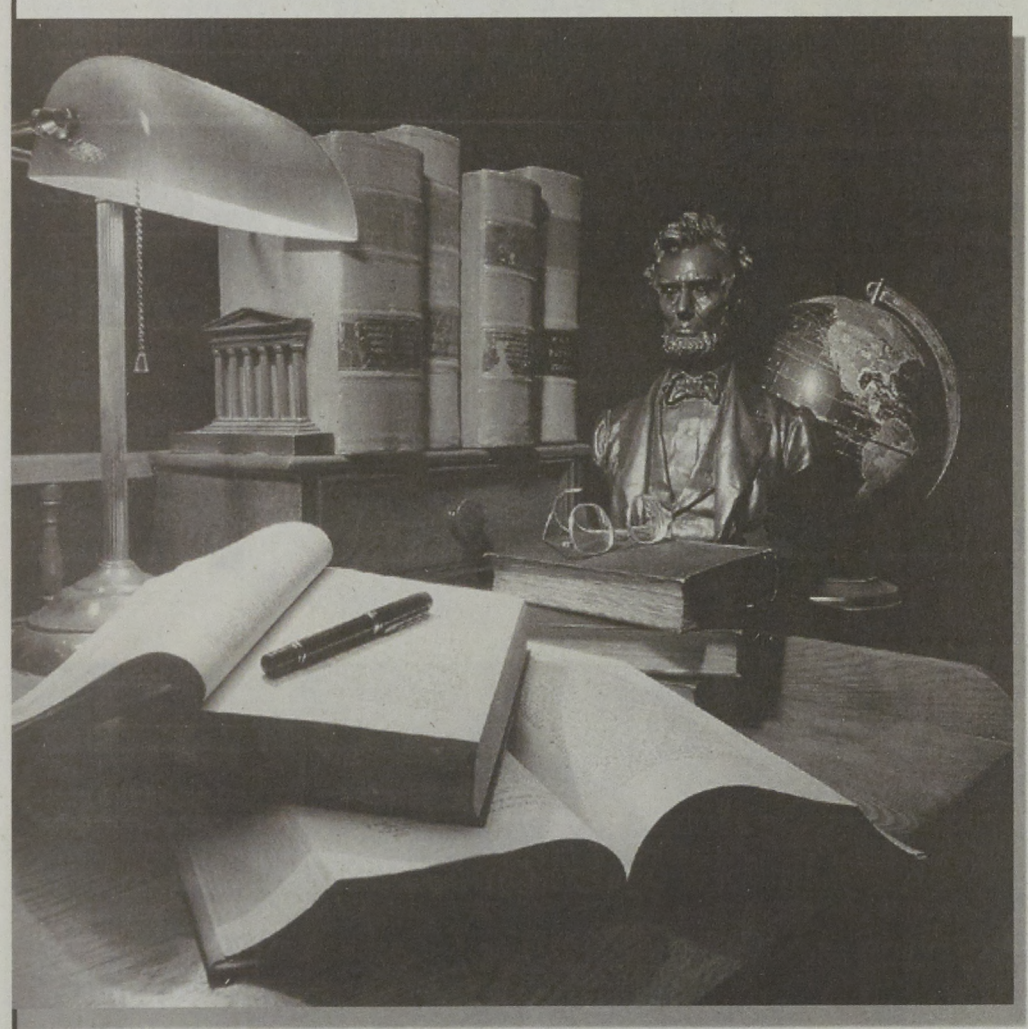

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"I think they should make ASI more known. Instead of being in front of the Union, they should be in the quad area where the sorority and frats booths are."

Monet Blas, freshman criminal justice major

Election: Some students still see ASI visibility as campus problem

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This proposal would have increased the athletics portion of ASI's Student Activities Fee by up to $62.50 over the course of three academic years, leveling off at $125 at the 2011-12 academic year.

The ASI internal programs fee was voted down with a particularly wide margin, with 64.7 percent of students voting against the measure compared to 35.2 percent voting in favor.

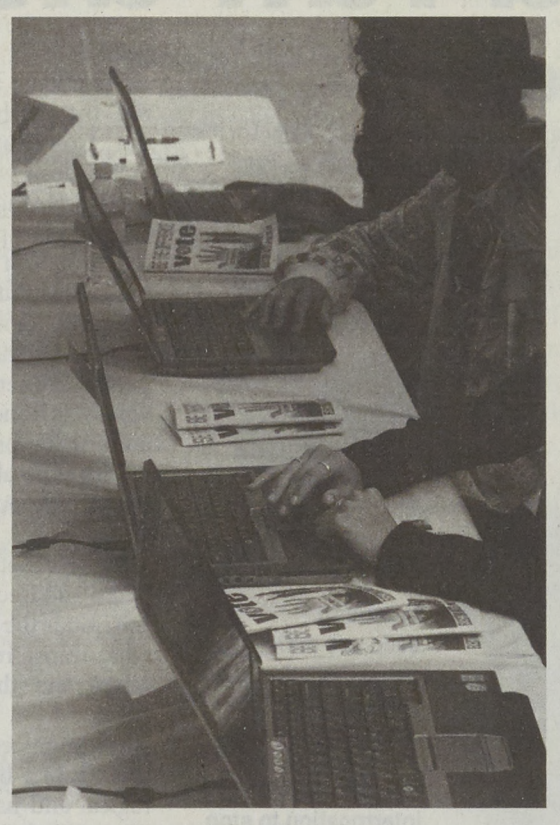
This would have increased the internal programs portion of the SAF by $6 over the next three academic years. Of the 50 clubs and organizations on the ballot, the College Democrats took most of the votes with 4.51 percent.

Monet Blas, freshman criminal justice major, said candidates and organizations should try different approaches to reach more student voters.

"I think they should make ASI more known. Instead of being in front of the Union, they should be in the quad area where the sorority and frats booths are," Blas said.

Keyko Torres, junior English major, said she came out to vote because she is involved in groups such as the Queer Straight Alliance and Pride Center, which have had funding cuts under the current ASI administration.

"I look at the reason why (the candidate) is running, whether they want just something on their resume or if they actually care about the position," Torres said.



Krystle Coniglio State Hornet

Students cast their votes for Associate Students, Inc., executive positions and fee increase measures on April 28 near the University Union.

Contact Catherine Robledo in the News department at (916) 278-7248.

Theft: University Police warn to take precautions against theft

Continued | page A1

the thefts in the police bulletin.

"There was a spike in thefts for a few weeks, but since the arrest it has appeared to slow down," Davis said.

A search of Rothrock's name on the SacLink e-mail system yielded no results. It is unknown if he has any ties to Sacramento State.

Before the arrest, police received six different calls reporting a stolen backpack or laptop. Since the arrest, one laptop was reported stolen in the union on April 21.

So far this month, five bikes have been reported stolen from various locations on campus. It was only reported that one of them was left unlocked.

The Peak Adventures bike shop highly recommends that students use a U-shaped lock with a key rather than a combination one, since this is the most secure and is not easily cut.

If it is necessary to lock up your bike outside of the designated bike area, remember to use caution when choosing a spot. Peak Adventures also advises students to avoid locking up bikes to short poles or trees and always secure your lock around the main frame of the bike.

Contact Crystal Kirk in the News department at (916) 278-7248.

Crime Prevention Tips

- Always maintain possession of your books and valuables. Never leave them unattended to search for a book or leave to use the restroom.

- Lock your bicycle to a fixed metal rack in an area designated for bikes; a metal U-shaped lock is recommended.

- It is also recommended to engrave your frame with your driver's license or ID number, the police department has an engraver available and can loan it to students at the front counter.

- Park in an area with a high concentration of foot traffic or with people present.

- Take the time to write down the serial numbers of valuables for your records. It is easier for law enforcement to return stolen items to you if you have this information.

-http://www.csus.edu/police/crimeprevent.stm

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EDITORIAL

Americans need full disclosure

Last month, President Barack Obama's administration released four George W. Bush-era CIA memos that gave legal justification for harsh interrogation practices. Since then, the public has been divided on the prospect of trying the individuals who perpetrated these acts as criminals.

Obama and Attorney General Eric Holder have said that the CIA agents who used techniques like water-boarding against alleged terrorists will not be prosecuted. However, Obama and Holder said last week that the Department of Justice may go after high-ranking Bush administration officials for authorizing these tactics.

Rather than prosecuting these individuals, which we assume would include former President Bush and Vice President Dick Cheney, The State Hornet would like to see the establishment of a Truth and Reconciliation Commission, effective immediately.

The use of harsh interrogation techniques - or torture, depending on how you view it - is just one example of the abuses perpetrated by the Bush administration.

In order for us to move forward, the American people need to know the entire scope of what was done in our name, during what may well go down as one of the darkest periods in American history.

The Hornet realizes some of the justifications for not prosecuting CIA operatives. It is the converse of the precedent established at the Nuremburg Trials following World War II that said "following orders" is not a defense. The Abu Ghraib scandal notwithstanding, if these CIA agents were to be prosecuted, it would be incumbent upon the Obama administration to also try those who issued the orders.

There are pragmatic reasons for not trying former presidents for the decisions they made while in office. The first is that it is one of the ways we have been able to ensure a peaceful transition of power, which has been a hallmark of our republic. Second, these types of trials often go nowhere with the highest-ranking officials - including the president - suddenly being afflicted with amnesia.

The abuses of the Bush administration went far beyond authorizing torture as "enhanced interrogation." Piecemeal prosecutions for every instance of abuse of our democratic process will take years, bog down the Justice Department and will ultimately accomplish very little.

"This is a time for reflection, not retribution," Obama said at an April 16 meeting with CIA employees.

The Hornet agrees, but contends that if we are to reflect as a nation, the American people must know what really happened during the last eight years.

There is no arguing that during the Bush administration, our Constitution and democratic ideals were pushed to the limit, causing deep divisions amongst our people.

As a nation that purports to be a constitutional and representative democracy "of the people, by the people, for the people," Americans must know what was done during the Bush administration. Only then will we truly be able to reflect and decide for ourselves if this is who we are.

The Hornet believes that a Truth and Reconciliation Commission is the best way to know what transpired and offer ourselves and the world, a mea culpa.

It is unprecedented in American history, but it is the only logical and useful way of handling this unfortunate scenario.

Membership of the commission should include Democrats, Republicans and Independents. The Hornet believes respected elder statesmen such as former President Jimmy Carter and Arizona Sen. John McCain would make the most logical choices to head the commission.

An extremely short list of what the Hornet would like to see investigated include:

- The legal justification for torture, the Abu Ghriab scandal and the use of extraordinary rendition.
- The outing of CIA operative Valerie Plame and intelligence on Iraqi weapons of mass destruction.
- The wiretapping of American citizens without warrants and collusion with the telecommunications industry.

Those subpoenaed to appear before the commission should be granted amnesty for crimes committed, if they fully disclose what they know.

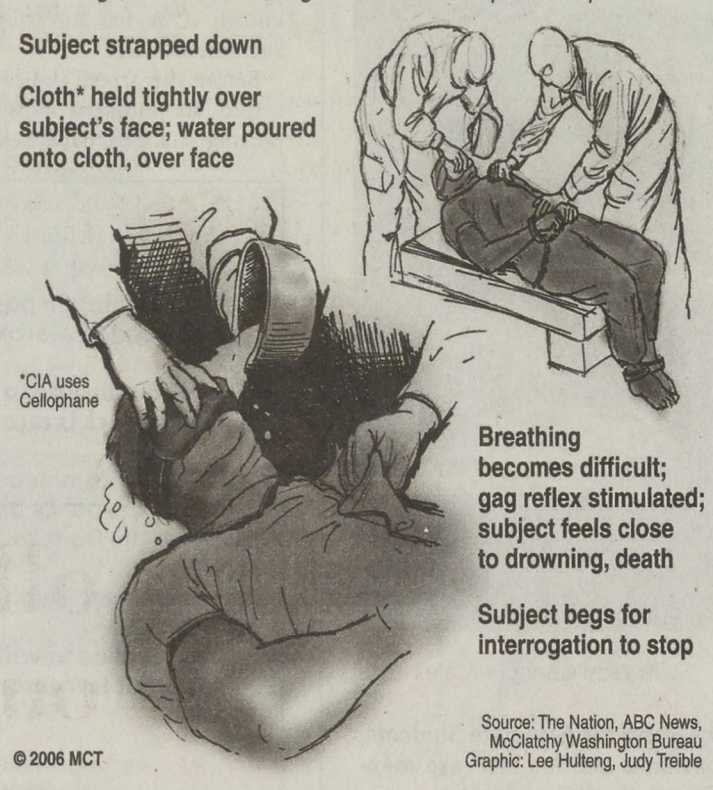
To give the commission some teeth, the Hornet suggests holding those who refuse to testify in contempt of Congress and levy perjury charges against those who lie on the stand.

While uncovering these issues might be difficult to stomach, it will give the American people a chance to say "never again."

Transparency has been a buzzword of the fledgling Obama administration. A Truth and Reconciliation Commission covering the Bush administration may just show us the importance of transparency in our democratic system as Americans strive together "to form a more perfect union."

What is water-boarding?

Water-boarding is a harsh interrogation method that simulates drowning and near death; origins traced to the Spanish Inquisition.



Source: The Nation, ABC News, McClatchy Washington Bureau
Graphic: Lee Hulteng, Judy Treible

McClatchy Tribune

Sick? Just drink H_2O

David Loret de Mola

We're all going to need a spoonful of sugar to help our water go down if recent dumping trends continue.

An Associated Press investigation found at least 271 million pounds of pharmaceutical chemicals in American waterways.

But before everyone starts panicking in the streets, just know that the chemicals are heavily diluted.

There's no reason to stop drinking water, according to a press release from Ken Johnson, vice president of the Pharmaceutical Research and Manufacturers of America.

"The amounts detected in untreated water used for drinking have been very small - the equivalent of a single cube of sugar dissolved in two and a half million gallons of water," Johnson said.

Johnson dismissed the AP's investigation, claiming that industrial chemicals account for 92 percent of the chemicals in our water.

"(The Associated Press investigation) failed to note the absence of adverse health effects found at the trace levels detected," Johnson said.

Some would disagree.

Biologist Francesco Pomati said, "Water that's been contaminated by these chemicals poses a potential hazard for particular human conditions, such as pregnancy or infancy."

Pomati conducted a study on how trace amounts of substances like lincomycin can cause cancer in human beings to grow rapidly.

The AP investigation also noted how no one is keeping tabs on how much pharmaceutical chemicals are being released.

Anyone hungry for fish?

Fish across America are being fortified with pharmaceutical drugs, according to a March 26 AP article.

The research was funded by the Environmental Protection Agency. The EPA openly admits that the pharmaceutical chemicals in our water have yet to be harmful. Still, the government agency has several concerns with pharmaceutical contamination in our environment as a whole.

"The risks posed to aquatic organisms and to humans are unknown, largely because the concentrations are so low," according to the EPA website.

In spite of these concerns, the government is doing nothing to preempt the pharmaceutical companies from continuing to contaminate our water.

Under the Resource Conservation and Recovery Act, the 271 million pounds of pharmaceutical chemicals in our water were disposed of legally - because the chemicals in our water aren't classified as "hazardous waste" by the EPA.

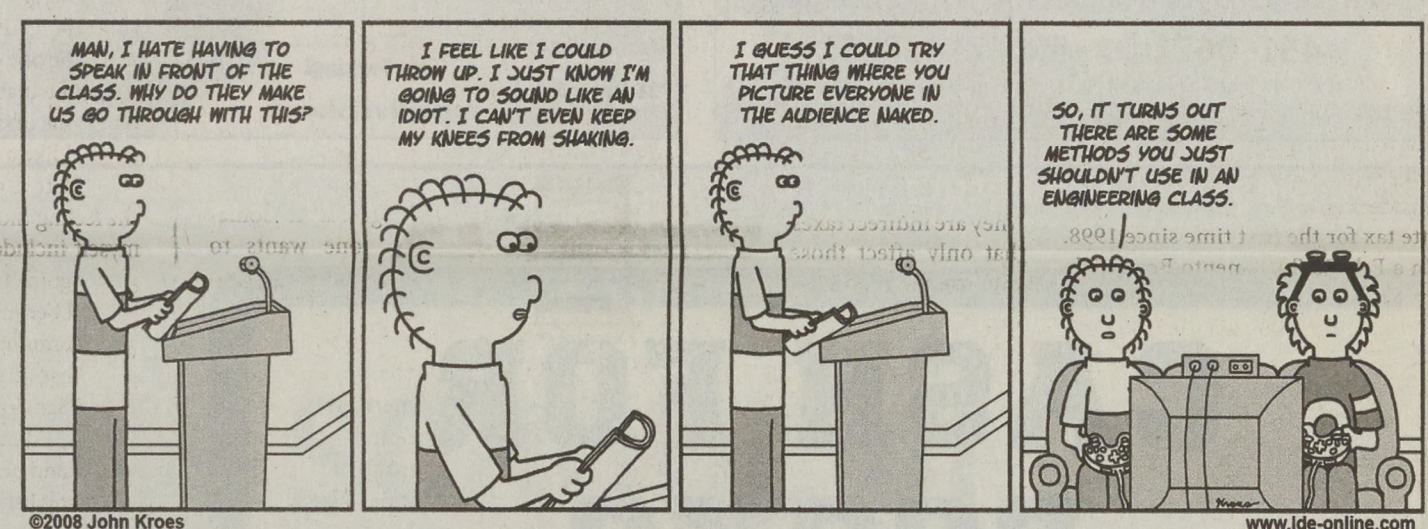
The EPA is sitting back, studying the effects these chemicals have on us and our environment. It would be nice to see the EPA take a more active role in looking over the shoulders of these pharmaceutical companies.

Actually keeping records of what drug manufacturers dispose of would be an ideal first step for the EPA. The fact that no one has been keeping records is something quite atrocious. Regulating waste products would only be precocious.

But Johnson's dismissive attitude toward the damage that pharmaceutical chemicals can cause to humanity leaves me feeling supercalifragilisticexpialidocious.

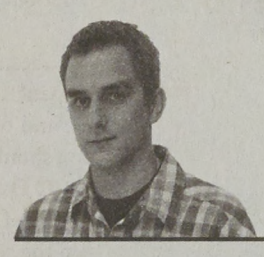
Contact David Loret de Mola in the Opinion department at (916) 278-7567.

LAST-DITCH EFFORT



CYNIC'S CORNER

An overdue thank you



Jordan Guinn

I came to Sacramento State in the fall of 2006, but it wasn't until spring 2008 that I started to love this place. Faculty and administration were bickering like kids when I first got here and that made for a miserable experience. Had Sylvia Fox not directed me to The State Hornet after the fall 2006 semester, I would have surely dropped out of college.

Since this is teacher appreciation week, and I only have one column left after this, it's time for me to thank all the educators who have molded me and kept me on track.

The only fair way to do this is start at my childhood and progress forward.

The amazing teachers at St. John Vianney deserve a great deal of appreciation. Mrs. Boen's encouragement was pivotal in my development and future success as a writer. Mrs. Nubacher was patient with my beyond-deficient math skills and has my eternal gratitude for her dedication.

At Christian Brothers High School, Brother George and Mr. Schuman continued the proud tradition of educators who held my hand through basic math. My world history teacher, Ms. Jenkins, crowned me the "jaded cynic" in my junior year of high school; it's because of her I adopted the column name.

Mr. English, Mr. Kirrene and Mr. McIntosh all did their part to build my critical thinking skills, general knowledge and vocabulary.

Ms. Ibarra: Thank you for being a foxy Spanish teacher who made it impossible to concentrate in class. In all seriousness, you were tough but fair and it's not your fault I struggled with the language for so long.

After several semesters at American River College, I finally decided to become a journalism major. Chuck Mount, a career reporter from Chicago, taught the ins and outs of the industry to all who cared to listen. William Wrightson taught history and further advanced my ability to rationalize and come to thoughtful conclusions.

Timi Poeppelman: I'm eternally sorry for how I acted when you filled in for a class I was enrolled in at American River. I acted like a jackass and any assumptions you have about me are probably true.

Then I got to Sac State. Even though I had trouble feeling like I belonged on this campus for three semesters, there were instructors who made positive impacts on my life during that time. Assistant professor Kevin Wehr has a way of cutting through the minutiae like no one else. His lectures on music and popular culture were deep, thoughtful and always engaging.

Fox had a way of kicking me in the stomach when I couldn't – or wouldn't – do my work properly that was motivational and beneficial.

Chair of the communication studies department Nick Burnett legitimized me overnight when he torched me in a letter to the editor he wrote after one of my first opinion columns. It was beautiful. I still keep a copy of the letter tacked to the wall in the newsroom.

Lecturer Paul Sandul is a great instructor and close friend. I have known him for years and I greatly appreciate the way he challenges my perceptions and assumptions on a constant basis. He may suffocate me with his liberal nonsense from time to time, but I wouldn't have it any other way.

Alan Miller is a great man. Not only did he make one of my favorite writers, Mike Royko, required reading, he reached out to me and still e-mails me to this day when he likes something I write.

Lecturer Sigrid Bathen is another journalism instructor I can't say enough good things about. You opened many doors and created numerous opportunities for me. Thank you!

No list of people I am forever indebted to would be complete without acknowledging my editor and the future editor-in-chief for the Hornet, Todd Wilson. Todd, you are going to do big things with this paper. Furthermore, you have been my partner in crime and have helped me find how to be insightful and inflammatory. I can only hope our careers will cross paths again.

Of course, I can't mention education at Sac State without heaping praise onto the Hornet's faculty adviser Holly Heyser. Whatever she is getting paid is not nearly enough. Holly is a true professional, and this school is blessed to have her. Thank you for letting me find my voice. Thank you for letting me be myself. Thank you for being you.

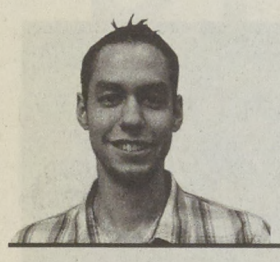
Finally, the greatest teachers of all: my family. My parents are still married, and we live in the same house I grew up in. So few people get that luxury; I feel guilty having it. I really have no way of putting into words my gratitude and appreciation for them. To my brothers: Thank you for the advice, the guidance and the beatings. David, thanks for teaching me how to stand up for myself. Bobby, thank you for putting the heat on me to make sure I graduated.

Even though we aren't technically family yet, I need to thank my future wife. Courtney, you put up with my mood swings, my shortcomings and my selfishness. There's no one I would rather walk through life with.

There are people who mean the world to me who did not make this list. My close childhood friends come to mind. Please do not think I forgot about you or have minimized your impact on my life. To my family at the Hornet, thank you for putting up with me and/or staying out of my way. I love you all!

Contact Jordan Guinn in the Opinion department at (916) 278-7567.

Details fuzzy in new national service act



Kyle Kershner

With summer quickly approaching, President Barack Obama is giving us another dose of change.

Last month, he signed the Edward M. Kennedy Serve America Act, to reauthorize and reform national service laws.

This act authorizes a substantial funding increase for AmeriCorps and other volunteer programs, as well as the creation of new programs for seniors and veterans according to OpenCongress, a website dedicated to delivering official government data.

The act will require students from 6th to 12th grades to participate in mandatory volunteer work in a summer program called "Summer of Service." If students complete 100 hours of community-based service learning summer projects, they become eligible for an educational award of up to $500 from funds deposited in the National Service Trust.

The agency can also decide to increase the award to around $1,000 for economically disadvantaged participants and allows all participants to earn a maximum of two summer of service educational awards for their participation.

It's still unclear as to how this act will be regulated. On paper, it appears to have good intentions. Sure, we want to instill high standards in students and offer them the opportunity to better themselves, but mandatory volunteerism seems to defeat that purpose.

Students should volunteer because they want to; there are plenty that do. However, I think they should have a choice and not be told to participate.

When I was in middle school and high school, I put in several hours of community service, but it was because I wanted to help make an impact. I did it because I wanted to, not because someone made me.

While reading the bill, it was hard to see exactly how this would be regulated. That is one of the biggest flaws.

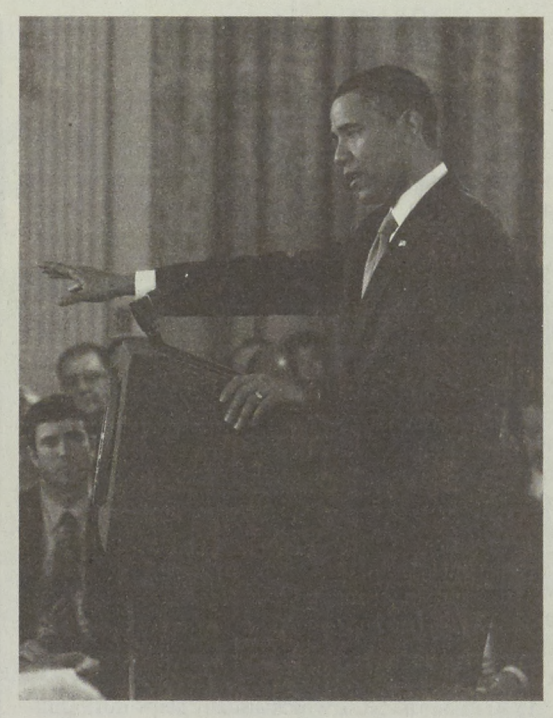
The language of the bill seems really unclear. As mentioned earlier, "If students complete 100 hours of community-based service....they become eligible for an educational award of up to $500." What does this entail? Is this implying that not every student will receive the $500 toward college?

Students become eligible...well how exactly? If I'm a student, I'd like to know more about what I am signing up for before I put in the 100 required hours.

Another issue with this act is that, especially with the way the economy is today, everyone needs money. High school students are no exception and, for those 16 and older, the summer is the perfect time to get a part-time job to earn some cash. The problem is that balancing a job and "community-based service learning summer projects" does not seem like an easy task.

If the regulations in this act were more clear, and students had a better sense of what they were working for, this act would serve them in a positive manner. Obama is definitely doing his part to change things, but I wish it were change that I understood.

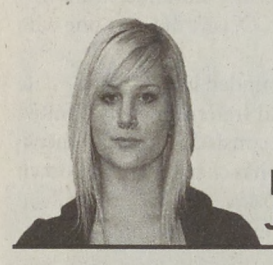
Contact Kyle Kershner n in the Opinion department at (916) 278-7567.



McClatchy Tribune

President Barack Obama held a press conference marking his first 100 days in office. He signed the Serve America Act last month.

'Sin' tax: A contradiction



Leidhra Johnson

With the current recession, most of us are dealing with loss. Loss of jobs, income and economic stability are becoming our reality. Now many of us will lose one of the only comforts we have left: cigarettes. With taxes on the rise, legal coping mechanisms are quickly becoming unaffordable luxuries.

That's right - the price of cigarettes may increase yet again. While federal tobacco taxes have already more than doubled, states are considering their own tax increases. California is even considering raising its 87-cent cigarette tax for the first time since 1998.

In a Feb. 23 Sacramento Bee article, Jim Knox, vice president of the Cancer Society's California division, said, "An increase in California's tobacco tax is long overdue." The article noted that 44 other states have increased cigarette taxes 89 times since California's last raise.

At a press conference in March, Sen. Alex Padilla, D-Pacoima, and Senate President Pro Tem Darrell Steinberg, D-Sacramento, announced a plan to reduce smoking rates in California. This package included Senate Bill 600 - The Tobacco Tax and Health Protection Act of 2009, which would raise California tobacco taxes an additional $1.50.

Megan Harris State Hornet

"This set of bills is a win-win for the state," Steinberg said. "It motivates smokers to kick the habit and provides a funding source that helps keep us out of a deficit and bolsters valuable programs that are threatened by funding shortages."

It is no surprise that the state would turn to a tax like this in such tough times. Sin taxes have always been the favored tax when revenue is tight.

A sin tax, according to Investopedia, a Forbes Digital company, is a "state-sponsored tax that is added to products or services that are seen as vices, such as alcohol, tobacco and gambling."

Sin taxes are often the first taxes to be raised by individual states facing deficits. They bring in extra money for the state and are often easily accepted by the public because "they are indirect taxes that only affect those who use the products."

Unfortunately, while sin taxes seem to make sense at first, the logic is rather contradictory. These taxes supposedly discourage particular activities like smoking, yet they simultaneously rely on them as a means of revenue.

Along with this contradiction, sin taxes also place an unfair stigma on those who pay them. By referring to these charges as "sin" taxes, they subtly refer to all participants as sinners.

Assuming that smokers don't quit, this tax increase could potentially provide California with over $1 billion in new revenue. However, while the state may thrive, both the smokers and cigarette store owners will carry the burden of this so-called win-win plan.

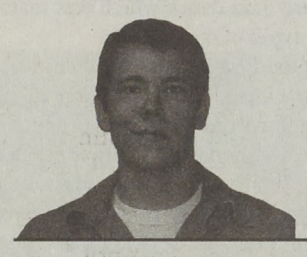
While it is true that smokers could quit if they didn't want to pay the outrageous prices, they should not be selectively targeted. If someone wants to smoke, it is his or her right to do so. It is unfair and un-American to ostracize and persecute a select group.

California already provides public protection for non-smokers. Smoking is prohibited on buses, trains, planes, public buildings, bars and restaurants. Now, it is time to protect smokers. As much as we have the right to stay away from cigarettes, we also have the right to smoke them.

The economy is already causing enough stress. The state now plans to take away one of our few legal vices left. Sin taxes are contradictory and discriminatory. If you'll excuse me, I'm so flustered, I need a smoke.

Contact Leidhra Johnson in the Opinion department at (916) 278-7567.

College-town feeling would help Sac State



Matt Rascher

I ride my bicycle all over campus. I go from class to class and dodge and weave in between students. At Sacramento State, I am one of the few who does. If I were to go to the University of California, Davis, I would be one of many. Although it may not seem like that important of a difference, it is just one of the reasons why Sac State does not feel like a real college.

Sac State is obviously a real college. I get the feeling though, that for a lot of students, myself included, it is just the place where we are going to get our degrees. I came here last fall because it was the next logical step after community college. I never had any grandiose dreams of attending the illustrious Sac State as a child. I already have friends, I don't need to escape my parent's house, and being a Hornet wasn't that high up on my list of priorities.

Unless you're a part of some club or group, there is no real feeling of camaraderie around campus. It doesn't help that Sac State is mostly a commuter school. Most of the students here drive to campus, and once they're done with class there's usually no point to hang around school. The sidewalks roll up pretty early around these parts. On most days once the 4:15 p.m. classes let out, Sac State turns into a ghost town.

Yet, it doesn't have to be this way. I recently spent some time on the UC Davis campus and observed some things I think Sac State should adopt. As I mentioned earlier, at UC Davis everyone rides a bicycle. That is one of the most glaring differences between the schools, and it occurs because a majority of UC Davis students live on or around campus.

Adam Li, UC Davis mechanical engineering major, enjoys the neighborhood feel of his campus.

"Everyone lives here; you can walk around campus and know everyone that walks by. It's its own little world," Li said.

That, to me, is the biggest problem as to why Sac State feels more like a degree factory than a community. Nobody lives here. This could change. Included in the Destination 2010 project is the American River Courtyard, which is going to be one of the major attractions to draw students to campus living. It is intended for older students as well, which might help to alleviate some of the fears of living with freshmen.

Gloria Moraga, associate vice president of Public Affairs, said the school's Destination 2010 project is part of the answer.

"When the new residence halls open, there is going to be kind of a gathering place and a nerve center here. There's going to be restaurants, a place to hang out in the courtyard," Moraga said. "We'll have quite a number of places on campus for people to congregate, and we'll have a lot more people living on campus."

Sac State does have an edge on UC Davis and other larger universities. I recently sat in on a history class at Davis and was one of more than 200 students. I doubt the professor could even see me, let alone notice that I had never been there before. Every one of my teachers in my two semesters at Sac State have known me by name.

There may not be as many students either, but the experience here really depends on how much the student puts into it. Sac State may not seem like the destination campus that other California universities are, but sometimes you have to look a little harder to see what is truly there.

Contact Matt Rascher in the Opinion department at (916) 278-7567.

GUEST COLUMN

As a black male, I have experienced racism firsthand throughout my entire life. I don't doubt that I will continue to experience it for the rest of my life. Over time, I have just built a tolerance for ignorance - to an extent. It infuriates me when I hear that membership in the Ku Klux Klan (KKK) and other white supremacist organizations in the United States are thriving off President Barack Obama's election.

Online registrations for hate groups and militias all across the United States are booming because of Obama's presidency. Ironically, the KKK sees Obama as the best thing that ever happened to it, based on the fact that its membership is growing larger than ever.

The Southern Poverty Law Center, internationally known for legal victories against white supremacists and its tracking of organizations it calls hate groups, recently released its annual hate group-report titled, "The Year in Hate." The report shows that hate memberships have grown by 54 percent since 2000. Its study identifies 926 hate groups throughout the United States, with California having the most at 84.

In the past decade, Latino immigration has been fueling the growth in hate groups across the U.S. Now, these hate groups have two more things to be furious about - the nation's first black president and an economy in shambles.

It is just this sort of hatred garbage that irritates my entire mind, body and soul. I can't seem to fathom why people today are so full of hate. Some of these hate groups truly believe God has ordained that someone who is white is superior to those who are non-white. They can't seem to wrap their sick minds around why this country has chosen a president who is non-white.

Racism is still very much alive in today's world. Some people want to be naive about the fact that it still exists, but you can't run from the truth for your entire duration on this earth.

According to CNN, Don Black, a 55-year-old former KKK Grand Wizard, said he despises Obama. The day after Obama was elected, more than 2,000 people joined Black's website. This increase is remarkable compared to the previous 80 new members a day the website was getting. Black said his site boasts approximately 110,000 registered members.

"People who had been a little more complacent and kind of upset became more motivated to do something," said Black, who joined his first hate group at the age of 15, according to his website.

According to CNN, David Duke, the former KKK leader who was elected to the Louisiana House of Representatives in the 1980s, said, "Obama serves as a visual aid that is helping re-spark a sense of purpose in current supporters and lure new members." Duke went on the say that the heritage of white European-Americans will soon be destroyed. Duke's website now has nearly 40,000 visitors a day, up from the previous 15,000 visitors a day before Obama was elected.

According to CNN, Jack Glaser, associate professor of public policy at the University of California, Berkeley, said "the image of a black man in the White house angers white racists, who fear nonwhites gaining too much power. But the racist fears can also be more mundane and personal: Non-whites in the White House could lead to non-whites in their neighborhoods which could lead to interracial dating, a great taboo among hate groups."

These groups cannot stand the idea that black people are gaining an edge in this country.

Countless numbers of hate-group websites had apocalyptic clocks counting down to Obama's inauguration. A website I came across had a photo of a tombstone that read: "United States of America; Born: July 4, 1776; Died: Nov. 4, 2008; Suicide."

I find it amusing how these hate groups have such a short memory. At times I can't help but laugh and feel pity for people with this degree of ignorance. The statement that amuses me the most is that blacks are lazy. White supremacists quickly forget that blacks were the ones who built the very foundation of the United States of America. It was blacks who built the foundation of this great country through slavery.

These hateful people are quick to yell slurs, such as "go back home to where you come from," referring to Africa, as if they were the first to claim this land that we now know as the United States. These are people whose ancestors came and stole land that was already claimed by another group of people. They have so much hatred for immigrants while failing to acknowledge the fact they themselves are immigrants; we all are immigrants.

I just don't see how the KKK can possess so much anger toward blacks, as if blacks are the problem. If anything, blacks should be angered and feel hatred toward whites, but a vast majority of us do not hold any hatred for them. We were the ones who were stolen from our native lands, stripped of our human rights, stripped of our heritage, brought over here in slave ships chained together like dogs with hundreds of other slaves at the bottom of these ships. The ones who died before reaching American soil were thrown over the edge of the boat like garbage. The ones who survived got rewarded with 400 years of slavery.

What Americans need to do is raise our voice. We should not let big government intimidate us by suggesting if we speak our minds we will be subject to punishment. No, we subject ourselves to punishment when we refuse to speak the truth about the axis of evil that operates right here in America. If this is America then let us live up to the true dream of America, equality and democracy. So I tell these hate groups they will not scare me, they will not send me away and they we will never silence me. I will never sleep until we acknowledge the truth about the social democracy that must prevail in order to better our country and ourselves.

Jeremy Henderson, senior business major

Cultural dances take event spotlight

By Anne Morrison
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Photos by Ashley Knight

Members of the Japan Club (left) and African Connection Dance Team (right) performed spirited dances at the sixth annual Multicultural Night hosted in the University Union. The event was put on by Epsilon Sigma Rho, University Union UNIQUE Programs and the Mutli-Cultural Center.

The sixth annual Multicultural Night, hosted by Epsilon Sigma Rho, brought another night of cultural awareness to Sacramento State. Eleven performances presented what "multicultural" means to them. There was a fashion show of different traditional Asian dress and a Native American dance.

Andrew Marzan, junior sociology major and vice president of Internal Affairs for the fraternity, was in charge of organizing the event. His main concern this year was to make the event centered more around cultural awareness. In past years, people said the event seemed to be centered more around the multicultural fraternities and sororities' stepping then about cultural awareness. "Stepping" in the Greek world, is a series of rhythmic stomps, claps and chants.

Marzan said the application process for performers was much more rigorous this year. Applicants were asked what multiculturalism means to them and how they would portray it in their performance to ensure cultural awareness was present.

Epsilon Sigma Rho, which usually steps during its performance, decided to use the time to award $500 to a charity known as Zero. The charity helps bring awareness to prostate cancer. Members also gave an award of appreciation to their faculty adviser, government professor James Di Sarro and recognized new brothers from the Gamma chapter at Chico State.

The event is "supposed to bring light and show off different cultures at Sac State," said Shadi Karajeh, president of Epsilon Sigma Rho and undeclared junior.

The Japan Club, ENIT, which stands for Ensuring Native Indian Traditions, the African Connection Dance Team, and Capital Bhangra were some of the clubs and organizations that performed dances.

An ENIT member sang two songs that have been passed down in her family for many generations while wearing a throng of shells around her neck and holding a bamboo-like stick which was split at the end that her tribe used to keep rhythm when they sang. Another ENIT performer danced a classical tribal dance while wearing a large bright green, blue and white headdress.

The Japan Club's dance was comprised of movements seen in the daily life of a fisherman such as throwing nets and gathering them up again. The club dressed in all black with a bright red robe that was emblazoned with a black Japanese characteristic on the back.

The African Connection Dance Team wore African clothing made up of black and green patterned short skirts and tops. They danced with African movements that are still visible today in some dance forms, particularly jazz dance which was majorly influenced by these types of movements.

Capital Bhangra is a competitive group of dancers who perform Punjabi folk dances. Although its dance maintained tradition with instruments, costume and props, the dancers still incorporated modern movements such as high-fives and shoulder bumps.

But dancing wasn't the only type of performance.

A different sorority, Sigma Omicron Pi, which is the first Asian sorority in the Greek system, put on a fashion show with native dress from different Asian nations. Korea, China, Cambodia and the Philippines were among some of the nations represented. The Martial Arts club showed off some of their moves, including a "drunken" martial arts routine.

Marzan said different chapters in the fraternity participate in each other's events.

Multicultural night originated at the University of California, Davis, four years before Epsilon Sigma Rho's Sac State chapter picked up the idea. Sac State's night was held last Thursday in the Union Ballroom.

Although the rivalries in sports are strong between UC Davis and Sac State, the fraternity sees itself in a different light, as brothers. The fraternity comes out to support members at most of its events, including local and regional events.

"We consider ourselves family," said Marzan on the Sac State chapter of the fraternity. Epsilon Sigma Rho's alumni come to a lot of events as well. The DJ for the multicultural night is a fraternity alumnus. Mario Escobar, also known as DJ CSCO, isn't the only one who helped with the event.

Epsilon Sigma Rho was founded in 1986 at Sac state and is the first multicultural fraternity in the United States. The fraternity, which consists of 12 active members at the Sac State chapter, has chapters up and down California, including UC Davis, Fresno State, Chico State, and California State University, Monterey Bay.

Contact Anne Morrison in the News department at (916) 278-7248.

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Rowing wins WIRA competition

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Despite dealing with bad weather consisting of rains and crosswinds, the Sacramento State rowing team won its third Western Intercollegiate Rowing Association points trophy Sunday.

All six boats: the varsity eight, second varsity eight, novice eight, second novice eight, varsity four and novice four finished among the top six boats in each of the grand finals at the Sacramento State Aquatic Center. This is the Hornets' third WIRA championship win in four years after previously winning in 2006 and 2007.

The crews gathered points from their respective grand final event and the Hornets earned a total of 360 points, defeating second-place Gonzaga with 352 points and UC Davis with 347 points.

This was the first time in school history that all six boats advanced to the grand finals in the same year. The Hornets were also the only team to have all six boats advance to the grand finals at this year's WIRA championships.

Gonzaga won the varsity eight title by crossing the 2000-meter finish line with a time of 6:48.9, edging out the Hornets (6:50.1) by 1.2 seconds.

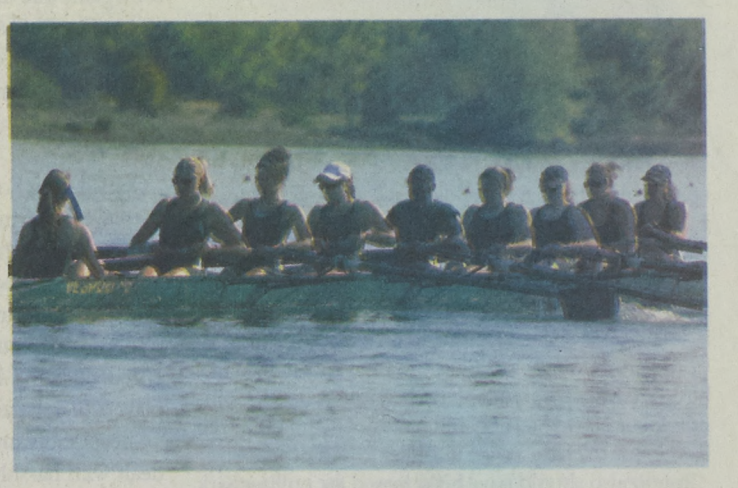
"We worked really well together and we held our head high knowing that we did something great still," said senior Megan Riggs. "We just need to work on maintaining our speed during the last couple hundred meters of the race, which is where Gonzaga got us."

The Hornets' silver medal marks the ninth medal for Sac State in the WIRA grand final since the program participated in intercollegiate play in 1995. Among the varsity eight, Riggs, senior Anne Morrison (who is a news writer for the State Hornet) and Junior Holly Hopkins, were named first team all-WIRA team.

"All three of them had an outstanding year and it was nice bonus for Anne and Megan as seniors to have that in their last year of rowing," head coach Mike Conners said.

Sac State's novice eight boat won the bronze medal with a time of 7:06.9, its first medal since 2006. Gonzaga won first place with a time of 6:57.0 followed by Western Washington clocking in at 6:59.6. UC Davis rounded out the top four boats of the six-boat

see **Track** | page B2



Whitney Truderung State Hornet

All six rowing boats made the top six during the grand finals.

UC Davis forfeits Classic prior to final relay match

Galib Ahmad State Hornet

The Causeway Classic Track meet was held on a rainy Friday afternoon. Coach says team needs to be prepared to race under all conditions.

ANDREW MCFADDEN
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The Sacramento State Hornets defeated the UC Davis Aggies during the Track and Field Causeway Classic, held on a rainy Friday night in Hornet Stadium.

The meet ended prematurely when Davis forfeited the final event of the evening: the men's 4x400 meter relay.

Going into the event, the men's score was tied 94-94 with the winner of the event taking the whole meet. However, the weather conditions grew worse before the 4x400 relays began and the Aggies chose not to field either the men's or women's teams for the final event.

Sac State sophomore distance runner Renisha Robinson said: "It felt good; the point was to win. But we could have done better; we could have run faster if it hadn't been for the conditions of the rain."

Despite the weather conditions, director of Track and Field Kathleen Raske said that all the runners performed well and withstood the rain.

"This was the worst weather that any of the kids have ever ran in, but they ran through it and their attitudes were awesome," Raske said. "This experience was a great for the team going into the Big Sky Conference championships since there's a chance that there could be snow or sleet in Montana."

see **Track** | page B3

Interim coach named

ANDREW HAZARD
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Following former head coach Dan Muscatell's departure to the University of Oregon, assistant head coach Jamie Craighead was named the new interim head coach of the Sacramento State women's basketball team.

Craighead said pure excitement was the only thing that came to mind when she heard the news.

"I was in Dr. Wanless' office and he let me know the great news. We got to tell the team about 20 minutes later," Craighead said.

Muscatell left the program in prime condition for Craighead with a team that has had its best conference record this season in its 12-year history with the Big Sky.

"I'm just really excited to continue in my mind what coach Muscatell started at Sacramento State," Craighead said.

Craighead's players are excited for the new possibilities now that Craighead is the one in charge.

"We were all very, very excited to hear the news. Now we're back to focusing on next year and (to) do even better than last year," sophomore guard Sami Field-Polisso said.

Craighead has moved up the coaching ranks quickly at Sac State. She was the top assistant coach during the 2007-08 season and was promoted to associate head coach during the 2008-09 season.

Before joining the Hornets, Craighead was an assistant coach at Portland State.

Prior to that, Craighead spent two seasons as an assistant at Division II powerhouse Seattle Pacific.

Craighead played Division I college basketball all four years at the University of Oregon, winning the Women's National Invitation Tournament during her senior season in 2002.

She finished her career with the Ducks second on the school's all-time 3-pointers made list (182) and seventh in field goal percentage (36.9 percent).

Craighead is known for her knowledge of working the post.

"We've got a great academic success rate with our APR. We will continue to recruit athletes who do well in the classroom, keep trying to get better on the court and make it to the Big Sky Conference Tournament," Craighead said.

The hiring of Craighead brings some stability

see **H.Coach** | page B4

Jamie Craighead

MMA club rebuilds program

Sudden absence of MMA club's founding instructors inspired current president to take over.

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The Mixed Martial Arts club at Sac State is starting off fresh from last semester. The club is building its foundation from the ground up after last semester's founding instructors mysteriously stopped showing up to teach the club.

Member Matt Thompson has taken over the reins of the MMA club. After just two sessions last semester, Thompson quickly fell in love with the sport and has made it a priority to keep the club up and running.

"It pretty much fell apart toward the latter half of the semester last year. Basically, me and a group of 3 other guys pretty much took it over and started doing our own thing. At the beginning of the spring semester we started off fresh and did a lot of recruiting on campus. We pretty much got things going again from the ground up," said Thompson, who also serves as the club's president.

The MMA club is free of charge and gives its members the opportunity to learn from experienced instructors with different martial arts backgrounds.

"We have two designated instructors. We have a stand up kickboxing instructor and we also have a jujitsu instructor who works on the ground game with us. It's volunteer and they give up their time for free so it's awesome," added Thompson

The club has been busy promoting events and trying to recruit new members by setting up tables in the quad and posting flyers around campus. Members have tried to spark interest in the club primarily through word of mouth.

"Once people came, their friends came and then their friends came. Pretty much a lot of people started talking about it and that is why we have so many people now," said Martin Osier, who also serves as the club's vice president and treasurer.

Sophomore business major Nick Kouba is a new member that previously trained in San Diego before moving to Sacramento for school. He sees the club as a great way to continue practicing MMA without having to pay hefty initiation fees or gym membership.

"This is my first semester with the club. I joined because I don't have the time and money to work out at another gym. So it works with my work and school schedule, and its free and it has some good instructors who I can learn from," said Kouba.

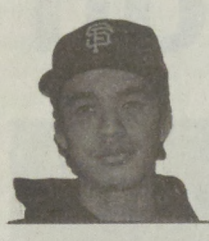
Although the club at Sac State is free of charge, many of the members pay to study Muay Thai kickboxing and Jujitsu techniques at a local gym to re-

see **MMA** | page B3

On 2nd Thought

Face hits not worth a foul?

What do you think about NBA's handling of Rajon Rondo?



Mitchell Wilson

Rajon Rondo should have been ejected twice in the epic series between the Boston Celtics and Chicago Bulls. The National Basketball Association's record on following its own rules regarding fouls is a joke.

Smacking Brad Miller in the face might have made some disgruntled Sacramento Kings fans happy, but it was clearly a flagrant foul that deserved a suspension. If Rondo ever hit LeBron James in the face like he did to Miller, he would have been suspended. Commissioner David Stern would have fined and criticized Rondo for the clear swipe at Miller.

Rondo also should have been tossed for pulling Kirk Hinrich into the scorers table. I understand Rondo is an emerging star and Hinrich isn't, but the NBA gives far too much leniency to marquee players. Does Rondo have to punch a player in the face a few times in order to merit a suspension?

Dwight Howard of the Orlando Magic got suspended for a game due to a weak elbow to Samuel Dalembert's head. The Philadelphia 76ers center wasn't a bloody mess or provoked enough to want to fight back. Howard hurt his own teammate Courtney Lee harder by fracturing his sinus with an elbow than he did Dalembert.

Considering how strict the league is when it comes to players leaving the bench during a skirmish, its the erratic enforcement over fouls that doesn't make any sense. The bench-leaving rule itself is absurd and should be done away with.

There is a reason why the league is occasionally accused of being fixed and inconsistent treatment of players fuel those rumors.

Cheap shots and clearly intentional blows need to dealt with harshly and fairly. The Celtics vs. the Bulls was one of the greatest series in the history of basketball. It should be remembered for clutch shots and numerous overtimes, not for the league turning a blind eye to dirty tricks.

Andrew Hazard

The foul by Boston Celtics point guard Rajon Rondo on Chicago Bulls center Brad Miller during game five of the Bulls-Celtics series should have been an automatic suspension.

If the referees had called a flagrant foul on Rondo - like they should have - Chicago could have had the opportunity to choose its best free-throw shooter to take the two shots, and the Bulls could have kept possession of the ball after the free throws.

As it turned out, the referees only called a personal foul on Rondo, not a flagrant.

Miller, who lost a tooth on the play, was clearly disoriented from the blow to the head. Rondo's foul on Miller was so hard there was no way Miller was going to make those free throws.

The Bulls were robbed of having an equal opportunity to win the game. Miller, who is a career 80 percent free-throw shooter, was not close to making either shot and the Celtics got the rebound and ran down the clock.

The NBA Rules Committee prides itself on the stability of the calls referees make, playoffs or not. In the 2007 Western Conference Finals, the Phoenix Suns were well on their way to winning a championship.

In the closing minute of game four, Spurs forward Robert Horry shoved Steve Nash into the press table. A little altercation broke out in which Phoenix players Amare Stoudemire and Boris Diaw briefly left the bench. Leaving the bench during play is an automatic suspension.

Both players were suspended for the next game and San Antonio won the series and eventually the championship.

Earlier in this year's playoffs, Orlando Magic center Dwight Howard was tangled up with Philadelphia 76ers center Samuel Dalembert and he elbowed him.

There was no foul on the play and Howard injured his own player, Courtney Lee, more on the play than Dalembert. Still, throwing an elbow at or above a player's shoulders is an automatic suspension.

Thankfully for Orlando fans, Howard's suspension did not affect the series.

In game six of the Bulls-Celtics series, Rondo was involved in another questionable play when he threw Bulls guard Kirk Hinrich into the press table, similar to the Horry-Nash play.

But the NBA has announced there will be no repercussions for Rondo.

For some reason the NBA is not punishing Rondo while Diaw, Stoudemire and Howard were suspended for less egregious offenses.

Some people try to argue that playoff basketball is different than the regular season. The NBA disagrees. The referees are supposed to make calls strictly based off the rulebook, but they have not in Rondo's case.

If a player leaves the bench while the game is in play, the player will be suspended (like Diaw and Stoudemire). If a player takes a cheap shot below the belt or above the shoulders of another player, he will be suspended (like Horry and Howard).

It makes no sense why Rondo was given a free pass. There was a clear intent to foul Miller and Hinrich hard. Rondo undoubtedly deserved a suspension.

If Commissioner David Stern is so concerned with the league's referees being objective, then he blew two opportunities at objectivity for himself in not suspending Rondo.

Not suspending Rondo does not go along with Stern's policy of following the rulebook. The referees and Stern were not objective in Rondo's case.

It is not an equal opportunity game if the rules are not applied to every player. Rondo deserves a two-game suspension.

Prospectives hurt by draft standards

Andrew Hazard

As the hype of the NFL draft begins to simmer, the buildup for the NBA draft in June is starting to heat up.

But the NBA and NFL need to take a serious look at their qualifications for college student-athletes to enter each respective draft.

As it stands now, to enter the NBA draft a student-athlete must be 19 years old and announce draft intentions a year from the graduation date of his senior class.

In order to enter the NFL draft, a student-athlete must be three years out of high school.

A student-athlete is allowed to remove his or her name from the draft-eligibility list if he or she has not already hired an agent, or has previously entered the draft.

Soon, those who are eligible to enter the draft will have to make a decision that will undoubtedly change the direction of their lives forever.

These rules are ruining people's lives. Take high school basketball player Jeremy Tyler, for example.

Tyler, a junior at San Diego High School, was going to be a top-college recruit when the head coach of the basketball team, who was also the head coach of Tyler's Amateur Athletic Union team, was fired.

Tyler's coach was his mentor and would keep him out of trouble. Now, he has dropped out of high school and is going to play basketball professionally overseas.

Lottomatica Roma point guard Brandon Jennings was the first kid to try this last year. Jennings was the top high school recruit, when the draft standards changed. Prior to the draft revision in 2006, an athlete only had to graduate high school.

Now, Jennings is struggling to adapt to the international game in Italy. It's the old adage: Out of sight, out of mind.

If Jennings had been allowed to enter the draft directly out of high school, most NBA scouts and draft experts feel he would have undoubtedly been the first pick in the 2008 NBA draft.

Now, most draft experts have no idea where Jennings will land in the 2009 draft.

These sad stories have happened in the NFL as well.

In 2004, Maurice Clarett and Mike Williams tried to enter the NFL draft after only a year of college football.

A judge originally ruled that since the two players were legally adults and the NFL did not have the right to prevent the two from earning a living by entering the draft. The decision was later reversed by the United States Court of Appeals.

After being denied access to the NFL, the NCAA ruled the two student-athletes were not allowed to return to college as an athlete because of the contacts they may have had with agents during the short period they were eligible for the draft.

Ever since, Clarett's life has been a train wreck. He is now serving a seven-and-a-half-year prison sentence for robbery, carrying a concealed weapon without a license and resisting arrest.

Williams was drafted in the first round of the 2005 NFL draft by the Detroit Lions but has never matched the success he had in college and has played for three teams in his four seasons in the NFL.

These draft standards are a joke. Ohio State freshman center B.J. Mullens was a great high school recruit but played sparingly for the Buckeyes.

Mullens has entered the NBA draft and is projected to be a first round pick. Mullens' case is a great example of why these draft standards are ridiculous.

He barely played a minute at Ohio State and is now going to get drafted because scouts remember what he did in high school.

His scholarship and spot on the team could have been used for somebody who actually wanted to be a Buckeye.

Chiefs quarterback Matt Cassel never started a game at Southern California, but the New England Patriots knew how talented he was from his high school film and took a chance on him.

Cassel had one good year filling in for Tom Brady and now has signed a lucrative contract with the Kansas City Chiefs.

Cassel used his time with the Trojans as a sort of minor league camp to make it to the NFL.

These student-athletes are going to schools to sit on the bench for one to three years in their respective sport, wasting their time and counting the days until draft day.

These student-athletes are more than likely not going to classes. They are treating these universities as the minor leagues for the NBA and NFL.

These student-athletes are adults. They deserve the right to earn a living any way they want like any other 18-year-old.

Granted, the standards are good for preventing NBA and NFL scouts from visiting junior high school students, but there is nothing illegal about them wanting to meet with someone who is 18 years old.

Some people may argue the draft standards are for the protection of the student-athletes. That might be true but the commissioners of the NBA and the NFL are not there to be their parents.

For every Kwame Brown in the NBA there is a LeBron James and Kevin Garnett.

For every Maurice Clarett and Mike Williams in the NFL there is a Larry Fitzgerald and Amobi Okoye.

It may be excruciating to see some of these student-athletes make the wrong decision to enter the draft or not, but it is their decision to make.

The draft standards are ruining people's lives. Chances are Jennings and Tyler do not want to live in Europe but they are forced to anyway.

They are away from their friends, family and everything else in the world that is familiar to them.

If somebody does not want to go to college they should not have to.

The NBA and NFL may think they are helping these student-athletes.

In actuality, the leagues are doing a disservice to these young people.

Injury concerns cancel 'Spring Game'

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Sacramento State's football team wrapped up its spring practice schedule with optimism for the fall.

"I think we're on the right track we just need to be more consistent in how we play the game," said Head Coach Marshall Sperbeck.

In all facets of the game, the team has shown steady improvement over the spring. Inconsistency remains but has declined as players have started playing sharper.

"We probably still need to improve on our tackling a little bit, that can be better and some missed assignments," Sperbeck said. "Overall I think the kids are really working hard and making great effort and good strides everyday."

Offensive Line Coach Jeff Remington said, "You're seeing different guys emerge at different times; but the most I see is collectively we seem to be on the right point together each play."

The annual Green and Gold Game on Saturday was called off with 2:35 left in the first quarter, ending the team's final scrimmage of the semester due to rain. The game's abrupt ending showed the concern of the coaching staff not wanting another player injured this semester.

"Keep it healthy, just get through a decent amount of plays that we can evaluate off of and go from there," said receivers coach Daniel DaPrato.

The biggest problem in camp has been the large amount of injuries the team has suffered. Developing team chemistry among the newcomers and veterans will have to wait until the fall for many players.

"We got a lot of kids injured right now, but that's natural this time of year," Sperbeck said. "We just gotta get them healthy and get them back for the fall."

The Hornets receivers have had their ranks reduced to only four out of nine participants in drills. "I think we're very thin right now, we're banged up," DaPrato said.

Junior receivers John Blea, Brett Willis and Dylan Lane all missed significant time in spring practice. Blea has an anterior cruciate ligament (ACL) injury and Willis has a separated shoulder. Lane has a broken metacarpal. Freshmen receiver Spencer Arns has a finger injury.

Senior receiver Kyle Hill has had his collegiate career come to an end due to five herniated discs and compression fractures. The Hornets plan to have 12 receivers on the team to deal with injuries and execute complex offensive schemes.

Sophomore Chase Deadder and junior Ronald Richardson were the only two receivers to make catches in the Spring Game. Both Deadder and Richardson made enough big plays to finish with at least 100 yards receiving despite the short amount of time.

Rotating quarterbacks didn't seem to effect the passing game at all as junior Jason Smith and senior John Loeliger hit their targets consistently. Smith and Loeliger each connected on a long touchdown pass and neither threw an interception.

DaPrato has been pleased with what he has seen so far but keeps in mind that it's only just practice so far. "You've gotta be able to prove it on Saturdays," DaPrato said. "No one's completely separated themselves from everybody else to solidify a spot."

The amount of equal progression the team has made makes it hard for any one player to stand out. There is no star feature running back, and multiple backs will be carrying the ball.

"Right now we're looking at a platoon system for it," said running backs coach Aaron Ingram. "After the first couple of weeks of camp we'll make some decisions."

Sophomore Jake Croxdale and junior Kenslow Smith have spent time running the ball while teammates Evander Wilkins and Bryan Hillard recover from injuries. Good pass protection from Croxdale and Wilkins has gotten the attention of Ingram.

"They've done a great job so far," Ingram said. "They both had really strong springs."

The coaching staff will spend the summer watching film and working to make the team better. "We grade everybody after each scrimmage," Sperbeck said.

Players that looked good on the field can be found to have fundamental flaws that will be addressed in the fall camp. "Spring practice a lot of the time isn't for the players, it's for the coaches," Ingram said.

"We did a lot better job this spring, everybody progressed," DaPrato said. "(Everyone) paid attention to minute details and also advanced on their overall knowledge of the game in this system."

After the Spring Game more potential recruits were given a tour of the facilities and met with the coaching staff. Up to 85 players can be brought into fall camp and Sperbeck plans on filling up every last spot. "Always trying to find more players, always recruiting," Sperbeck said. "Recruiting never ends."

The last full scrimmage was held on April 25 and marked the departure of tight ends and special teams coach Richard Sanchez. Sanchez has accepted an offer to coach the football team at St. Augustine High School in San Diego. No replacement for Sanchez has been announced.

Contact Mitchell Wilson in the Sports department at (916) 278-5145.

WIRA: Consistency equals key to team's success

Continued | page B1

event finishing at 7:11.7.

"Some of our novices raced four times and that was such a huge accomplishment for them," Riggs said.

Conners said that the next competition that the team will be focusing on is the Pacific-10 Championships.

"We just need to fine-tune things for the Pac-10," Conners said. "We have two weeks to practice and to find the right gear to win our races."

Sac State will meet Gonzaga again in the Pacific-10 Championships and Senior Dani Thole is confident that the Hornets can compete with the Bulldogs.

"We can definitely beat Gonzaga," Thole said. "The fact that we were that close to them this past weekend is pretty good. We just need to stay focus and not let the race get into our heads."

Thole also said that the team's consistency was the key to success this year and it made a difference in the team's performance compared to past seasons.

"A lot of improvement has been made this year," Thole said. "Other crews have struggled a bit with a lot of changes, but for the most part, everyone stayed consistent throughout the year and that really helped us."

The Hornets will return to Lake Natoma for the Pacific Coast Rowing Championships May 16 followed by the Pacific-10 Championships May 17.

Contact Nick Hunte in the Sports department at (916) 278-5145.

Grand Final Boat Times

Varsity Eight
2. Sacramento State 6:50.1
Second Varsity Eight
5. Sacramento State 7:23.3
Novice Eight
3. Sacramento State 7:06.9
Second Novice Eight
6. Sacramento State 7:52.2
Novice Four
5. Sacramento State 8:16.4
Varsity Four
6. Sacramento State 7:14.7

Track: Men's and women's teams took variety of 1st-place wins

Continued | page B1

The Hornets wrapped up the event with a score of 103.5-81.5.

Standout performances started early with sophomore Taylor Weldon winning both the hammer throw and the discus with scores of 157-10 and 143-30 respectively. In the women's throws, the Hornets dominated the shot put when they swept the top three spots. Senior Nicole McClure, who finished second in that event, also posted the top score in the hammer throw with a 164-60.

The Hornets also offered standout performances in the men's horizontal jumps. Sophomore Ronald Brookins took the top spot in the long jump with a 23-02.75, followed by teammate freshman Philip Burks who posted a 23-03.50. Burks also placed first in the triple jump with a score of 44-10.25 and second place was claimed by Hornet senior David Houghton with a score of 41-11.50.

On the track, junior Erica Violett placed first in the 100-meter hurdles with a time of 14.72, winning by just a tenth of a second, and she also won the women's long jump by scoring an 18-09.25. Sophomore Victoria Humphrey also recorded two 1st-place finishes with a 12.48 in the 100 and a 24.99 in the 200. On the men's side, junior Jason Nelson placed first in two events as well. He ran an 11.28 in the 100 and a 21.8 in the 200.

Other 1st-place finishes came from Renisha Robinson in the women's 800 who ran a 2:10.39. Nicole Jackson won the women's 400-meter hurdles with a time of 1:02.77. Kristina Holtz took the steeplechase with a time of 10:34.10 and Morinsola Keshinro had a 5-00.25 in the women's high jump. Natalia Wright won the women's triple jump by posting a 37-06.75. Nick Mills won the men's javelin throw with a distance of 199-06.

Following the event, Brookins said: "The rain made it difficult, but I'm glad that we won and that we won the Causeway. The fact that they are our neighbors means we have to see them at every meet we're at. People talk about our schools a lot but we have the better athletic program and we try to prove it every year."

The Hornets are now preparing for the Big Sky Championships and NCAA championships and Raske said that the team has been training all year for the championships.

"We're trying to advance many runners onto the final rounds of the NCAA champions as possible and have some All-Americans in our sport," Raske said.

One of the biggest areas of improvement that the team needs is for everyone to perform at the same level and Raske said that every should run up to their full potential.

"We can't have one runner doing okay, another runner performing to the best of their ability and another runner not stepping it up."

The Hornets will close out the season May 9 at the Sacramento State Open at Hornet Stadium before moving onto the Big Sky Championships May 13-16 at Montana.

"This team has been a great group and they have gone through a tough season have to juggle the tournaments with final exams, but they are all pulling through," Raske said.

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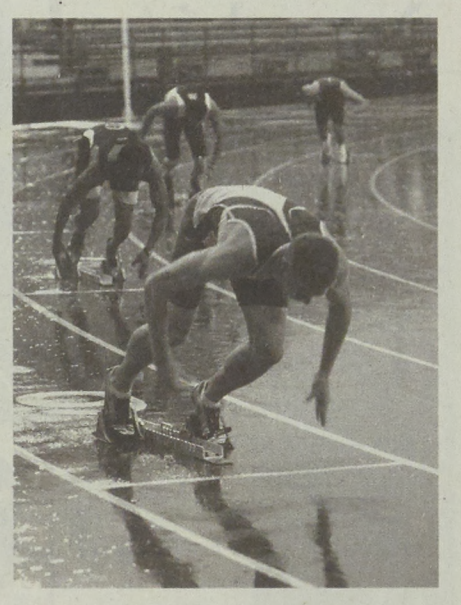
Contact Andrew McFadden in the Sports department at (916) 278-5145.

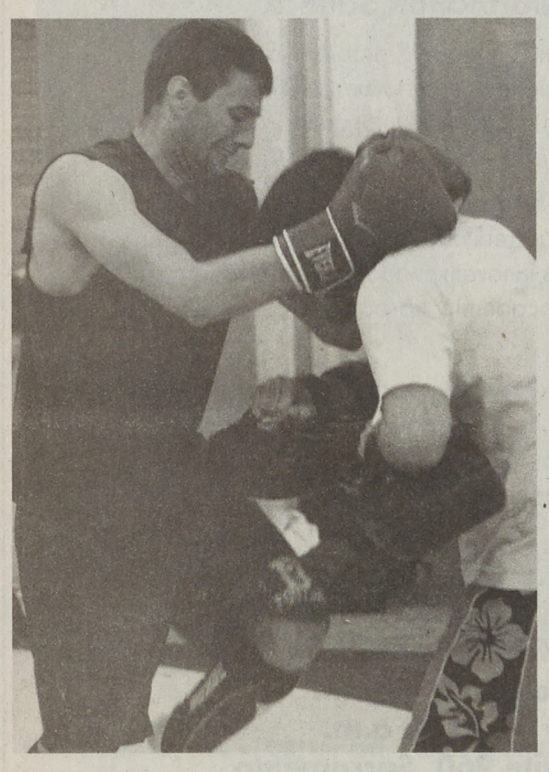


Galib Ahmad State Hornet

Rain conditions led to Aggie forfeit.

MMA: Scheduling cage fighting with UC Davis possible in future

Continued | page B1



Galib Ahmad State Hornet

Club president Matt Thompson (left) practices technique Muay Thai pad armored partner.

ceive further training. They then teach what they learned to members in the MMA club.

"We've been taking lessons at Muay Thai Lao on Howe Avenue while also taking our jujitsu lessons there. After doing it for awhile we started getting pretty good at (martial arts), then it started to become fun. It's all about having a good time with some friends while doing something you enjoy," Osier said.

The club has recently been awarded a grant from Sac State that has been used to buy equipment such as pads and head gear for members to use while sparring. Thompson believes that the club is finally headed in the right direction under the new leadership.

"We've got big plans for the club. We're hoping to potentially hold a mixed martial arts cage fight. It's been our dream for awhile to hold a Sac State vs. UC Davis cage fight for awhile. It's going to take a lot of work but it's a lofty goal for us. It's definitely something we're looking into in the near future."

The club practices from 8 p.m. to 10 p.m. on Monday and Wednesday in Yosemite Hall.

◄◄ ►◄ ►◄

Contact Michael Mital in the Sports department at (916) 278-5145.

Sports Briefs

- Sophomore tennis player Kiryl Harbatsiuk was named the men's 2008-09 Big Sky Conference MVP while teammates Anton Stryhas, Jason Smith and Marko Starcevic made all-conference.

- For the third straight year, junior Katrina Zheltova was named the women's Big Sky Conference MVP. Teammates Maria Meliuk, Clarisse Baca and Luba Schifris made all-conference.

- In baseball news, rain washed out the first of a three-game series against San Jose State on Friday. Conditions cleared up enough for Saturday's game, which Sac State won 11-6, but the Spartans came out on top during Sunday's close game and beat the Hornets 9-10.

- Softball had a clean sweep against Santa Clara, winning each of the four-game series (7-2, 8-1, 6-5, 11-0) on Saturday and Sunday. Despite the clean sweep and a 28-23 season record and a 14-6 record in the Pacific Coast Softball Conference, Portland State went 15-5 to earn the NCAA berth.

- Men's basketball signs State Player of the Year Sultan Toles-Bey and State Championships MVP David Norris to the program. These two join other signees: Duro Bjegovic, Walter Jackson, John Dickson and Dani Lopez.

- Women's soccer's Sarah Howard and football's Juan Gamboa received Sacramento State's Scholar-Athlete of the Year Award. Men's soccer's Adam Owens, gymnastic's Marina Borisova and softball's Jamie Schloredt all received the Student-Athlete of the Year Award as well.

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H.Coach: New hire

Continued | page B1

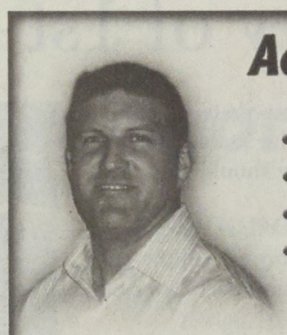
to the program, which is a relief to everyone involved in the program.

"We won't lose a step. With someone new coming in you always risk having to develop a new system. With JC, she knows our system. She is behind the system and knows us all very well. We are going to continue to get better and continue to improve on how we did last year," Field-Polisso said.

Craighead has some big immediate aspirations for her team.

"A Big Sky Conference Tournament championship will be the goal every year. With the success we had last year we are going to be right there next year," Craighead said.

Contact Andrew Hazard in the Sports department at (916) 278-5145.



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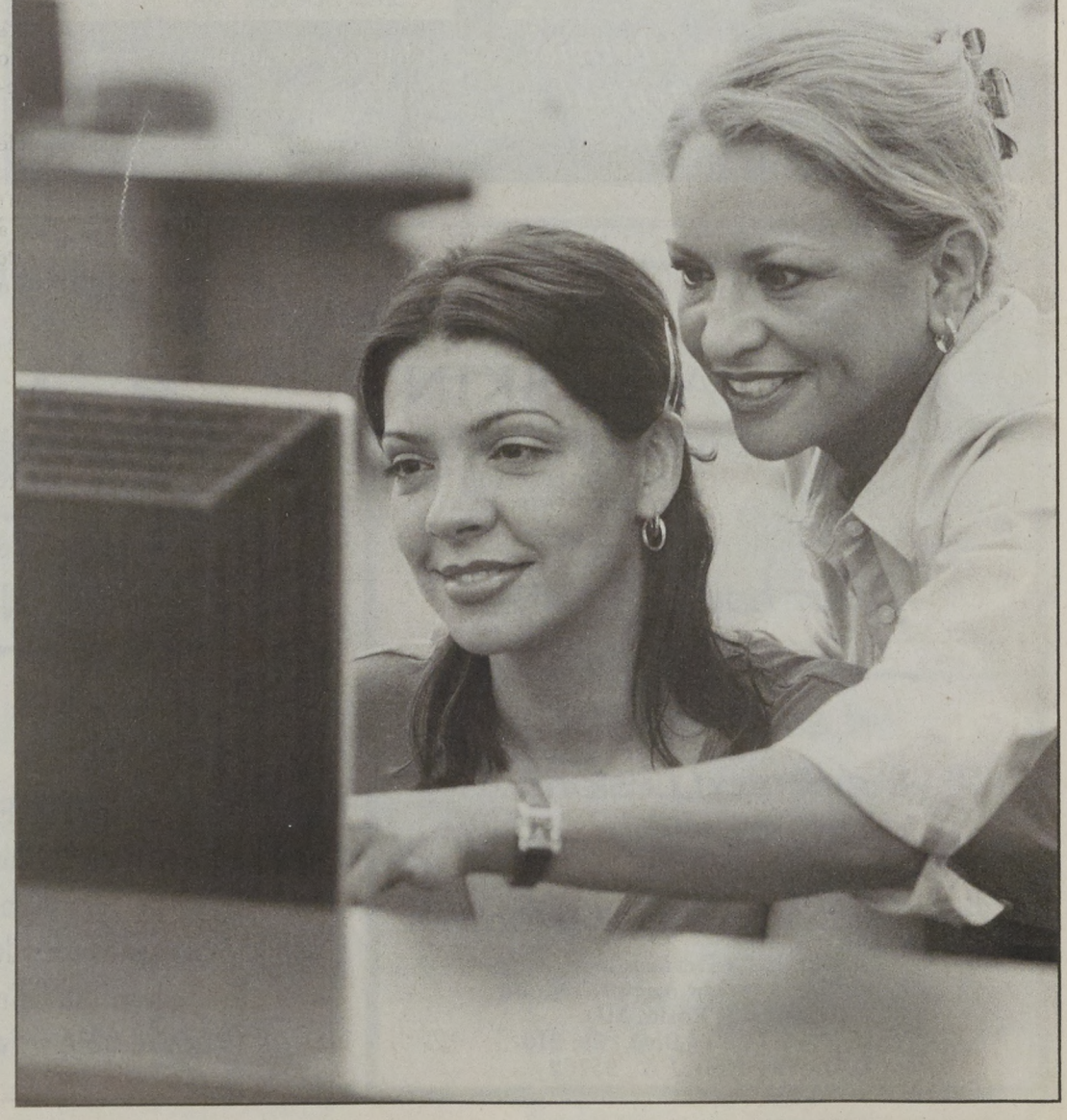
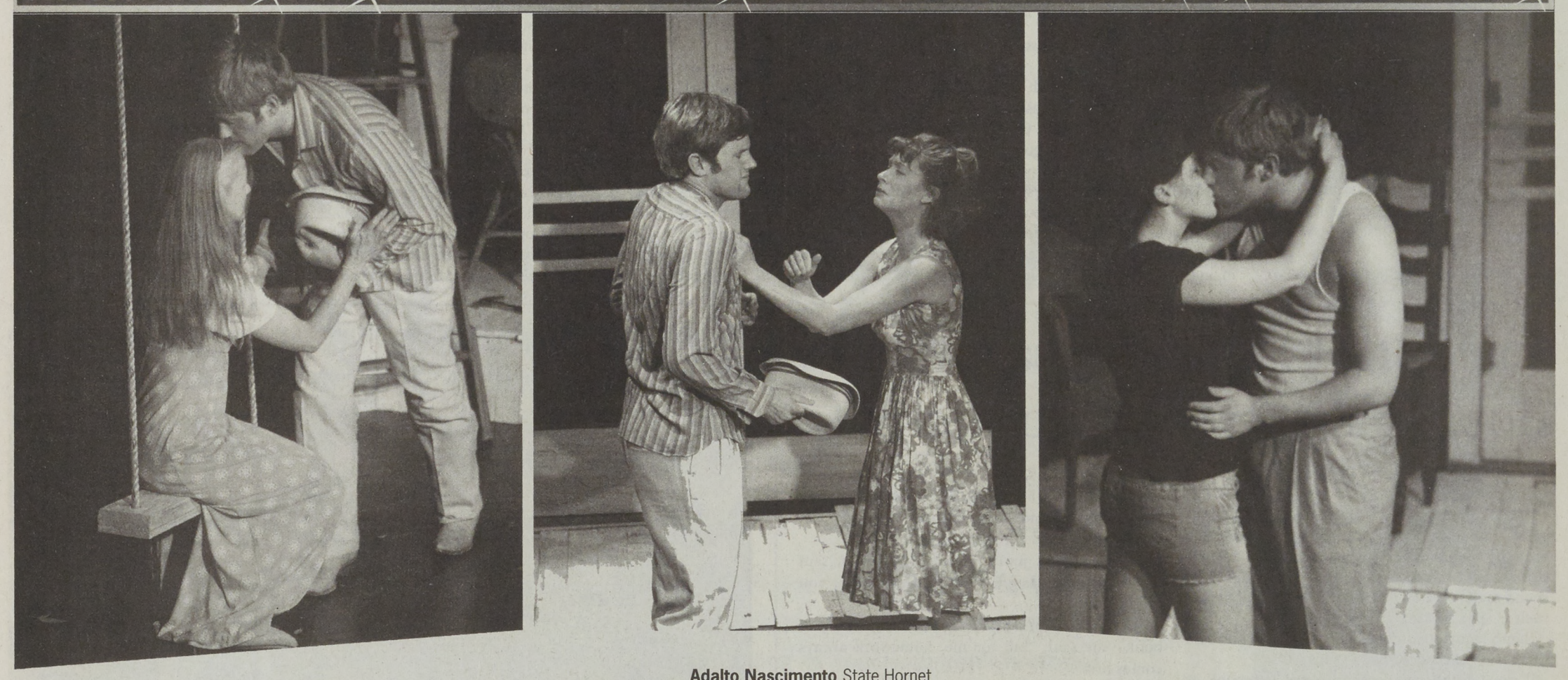


Students debut one acts



Adalto Nascimento State Hornet

Actresses Deborah Bell, far left; Cierra Jean Chitwood, middle right; and Amanda May, far right; perform scenes alongside actor Ryan Ritter in student-director Tygar Hicks' one act, "Delight and I."

BY COZETTE ROBERTS
croberts@statehornet.com

The Sacramento State theater season may be over, but students who love acting and directing are pursuing their passions with the annual student-directed One Act Festival.

Last week's one act play, written and directed by senior theatre major Tygar Hicks was titled, "Delight and I," about a young girl going from California to the South. Hicks said she was inspired by her family's southern roots.

"I love the romanticism of the South," Hicks said. "I think it is sweet and endearing."

Hicks is no stranger to play writing. When she was in high school, she wrote a one act play that was performed at the Lenaea Festival in Sacramento, a high school theater festival where students from all over the area come to perform in a variety of acting competitions.

Hicks said she wrote the play to keep her entertained on a long car ride.

"I had a 30-hour drive from Arkansas to Sacramento and I wrote it in my head to entertain myself," Hicks said.

She created three central characters - a daughter, mother, and grandmother who suffers from Alzheimer's disease.

"There are several important roles, but it is an ensemble cast because almost everyone is essential to the plot," Hicks said.

The play is interesting not only because of what it is about, but also because of how the story is told. The story is not narrated by the story's main character; Hicks compared the telling of her play to Shakespeare's "Othello."

"It's Othello's story, but it is presented by Iago. 'Delight and I' is the story of Old Rose, but it is being presented by Jenna, the mother," Hicks said.

For Hicks, the process of putting the One Act Festival together seems long in retrospect, but has gone by quickly.

"Auditions happened in February and then we cast the show; that took about three days. We didn't start rehearsing until late March and, even then, we (were) only allow(ed) 50 hours of rehearsal time; we have been working on it for about two and a half months," Hicks said.

This has been Hick's first experience directing. She said she is willing to direct again.

"I feel that I am an actor; that is what I want to pursue. But I would also like to direct occasionally if a piece speaks to me," Hicks said.

Hicks felt that directing, in comparison to acting, requires a lot more time and effort. She said it is essential that you absolutely love the project you are directing.

"As a director, you have to understand all the characters...you have to understand how your actors will dis-

see **Plays** | page B6

Students disagree on Facebook study

BY AMBER WERTMAN
awertman@statehornet.com

Recent articles on the Internet show that college students with a "Facebook" account have lower grades than college students that do not.

"Early findings show that over 85 percent of undergraduates use Facebook, compared to 52 percent of graduate students," according to an article published in livescience.com.

The study, performed on students at Ohio State University, also shows that Facebook users' grade point averages were in the 3.0 to 3.5 range, compared to 3.5 to 4.0 for non-users.

The article also states that Facebook users have lower overall grades than non-users, according to a survey of college students who said that the website does not interfere with the studying.

Jerry Cook, assistant family and consumer sciences professor, agrees with this theory, but points out a few problems with the study.

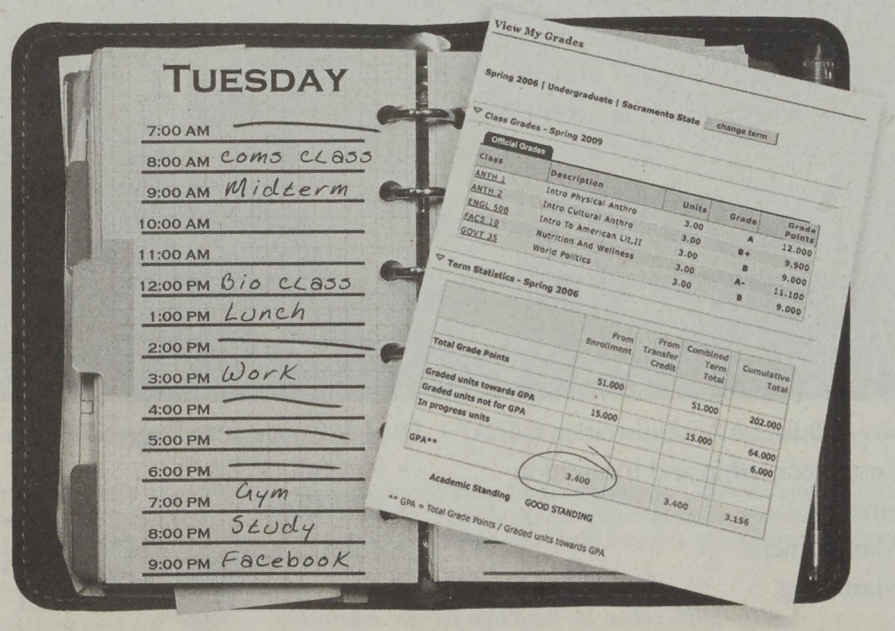
"It points out that people don't prioritize.... It's not a strong methodology," he said. "Those who are graduate students are less likely to use Facebook."

He said there is no cause and effect, just a simple relationship.

"Just because there is a relationship, doesn't mean it's directly related," he said. "Facebook is a distraction. But just like anything else, the more time you put into something the less time you have for something else."

The study attributes bad grades solely on Facebook and not other social networks.

see **Facebook** | page B6



Martin Wood State Hornet

"Studies have shown that working out really brings out the endorphins in your body to make you in a better mood and to get you to feel the need to exercise."

Craig Tacla, assistant professor of kinesiology and health sciences

Many places to be fit, healthy in Sac

BY VANESSA JOHNSON
vjohnson@statehornet.com

Summertime is almost here and that means bikinis, short skirts, wife beaters and board shorts. Summertime is also a time to be healthy and active - staying fit is very important in today's society.

Some Sacramento State students have gotten accustomed to eating fast food and drinking excessive amounts of beer on the weekends - or even during the week.

Zack McWilliams, graphic design major, said that he drinks with his friends to relax from school.

"I never really think about the calories I intake, I just drink to be social," McWilliams said.

Should students really be thinking about their health? Staying fit is very important when it comes to being healthy. Sac State students have many opportunities to stay active and stay fit.

Amanda Johnson, manager of Zuda Yoga Studio, said many Sac State students come to Zuda to get away from exams and papers.

The studio offers a variety of different classes that are 75 minutes each. At Zuda, students and others are able to sweat off their stress and problems and receive a good workout while doing it.

"This is great for students because they tend to have a hectic work schedule. If you commit to it and stay with it, you will get a full cardio workout," Johnson said.

The studio offers 37 different classes with a student rate of $12-$16 per class, depending on which class you take.

Assistant professor of kinesiology and health sciences Craig Tacla said staying healthy is simply a means to better your lifestyle, keep your body healthy and live longer.

"Studies have shown that working out really brings out the endorphins in your body to make you in a better mood and to get you to feel the need to exercise," Tacla said.

Endorphins are the neurotransmitters in your brain that have pain-relieving qualities; they cause your workouts to be something to look forward to.

"Hot weather is just around the corner, so that means more students are going to be outside enjoying the weather and the chance to stay fit outside," Tacla said.

However, with finals just around the corner, it might be a bit difficult to enjoy the weather.

"I think that everyone is busy and a lot of times there are a lot of things going on in their lives. I really think that exercise is something that people should not neglect; they should make time for it," Tacla said.

Besides Zuda Yoga Studio, located off-campus, there are many other opportunities for students to take advantage of at Sac State.

The sunshine gives students a chance to use the bike trial that runs right next to campus.

"We have the wellness center that will be coming in 2010, and it will allow our students to really take advantage of getting themselves in shape. There will be different types of athletic equipment as well as gym equipment," Tacla said.

Sac State also offers intramural sports, which include everything from soccer to kickball and basketball.

Staying fit and working out is not just something that helps students get in shape, but also allows people to cope with the stressful events they deal with every day.

"I think one of the things we know from research is that it allows (students) to reduce stress and we can incorporate the social component as well because it allows people to meet other people," Tacla said.

Agnes Stark, English graduate

see **Fit** | page B6

Plays: One acts provide creative outlet for senior theater students

Continued | page B5

cover the characters they are playing. You also have to think about the set and costumes; it is a great challenge," Hicks said.

Cierra Chitwood, senior theatre major, played the part of young Rose. She said she absolutely loved the script Hicks wrote.

"She should enter it (in) some festival. Every day after rehearsal, I tell her how much I love the script. It is comparable to 'The Notebook.' It works so well; she is brilliant," Chitwood said.

Chitwood has always enjoyed the One Act Festival and, when she heard that Hicks was directing, decided to be a part of it. She said she enjoys the concept of the show as well, but found that it could be difficult at times in dealing with a show with time-period changes.

"It's so important to make sure that things stay within the time period of the show," Chitwood said. "It flashes back from 1955 to the 1990s when old Rose is reminiscing about her younger years."

While all directors are different, Chitwood said she liked working with a director who was open to actor input, but was still determined to keep her vision.

"It has been a pretty professional process; she is open to our ideas and incorporating them if they work. I completely trust Tygar's thoughts and vision," Chitwood said.

Chitwood hopes that the play be well-received.

"I just really hope every one comes and sees this play because it is so much more than any old play that was picked up off the shelf," she said.

Kelda Jordan, theatre graduate student, is directing for the first time in this year's One Act Festival. She has selected a play about a murder investigation titled "Trifles," written by Susan Glasll.

"It is about an investigation of a murder and trying to find a motive for that murder. John Wright was killed and they suspect his wife Mrs. Wright," Jordan said. "Mr. and Mrs. Wright are only spoken about and they do not actually appear on stage."

Even though the show is set in the early 1900s, Jordan felt like this show should be done now because it is so relatable to things that are still going on today.

"I thought it would be interesting to do this play now because it deals with issues between men and women that are dealt with to this day," Jordan said.

Jordan has enjoyed her first experience with directing.

"I have had a lot of fun with it and I was lucky; I got a really good cast and we've been working really hard. Overall, the experience has been really good," Jordan said.

Jordan does not want to pursue directing professionally, but said she would not mind doing it at a community theater level.

"I want to go into teaching; that is my main focus, but I wouldn't mind directing again," Jordan said.

Senior theatre major Ryan Donaldson is playing the part of Hale, the local farmer who discovers that his friend's wife has murdered her husband.

"It is a drama and a character-driven show," Donaldson said.

Donaldson feels that the One Act Festival is a great way for actors of a variety of acting levels to come together and enjoy theater.

"We have a lot of people in the one acts who are not theater majors or they are minors," Donaldson said.

The One Act Festival is a little more of a relaxed process than other auditions, Donaldson said.

"It is an easier audition and rehearsal process; it does not seem like it is so in-your-face like the main stage shows are," he said.

Donaldson warns that, although these may be student-run performances, people should not underestimate the level of professionalism.

"Even though it is student-directed, the whole process is still professional," Donaldson said. " You show up, you do your work, you still have to do everything the exact same as if anyone else (were) directing the show."

Although Donaldson is graduating in the fall, he would love to be a part of the One Act Festival again if he were able to.

David Borad, senior theatre major, is directing "Murder Me Once" by John Rustan and Frank Semerano. This genre of play is based on film noir, a genre of movies characterized by low-key lighting, an urban setting and corrupt characters. "It is a very affectionate parody of a genre that I love, film noir. Film Noir can be seen in movies like 'The Maltese Falcon,' 'The Postman Always Rings Twice' and 'Sunset Boulevard,'" Borad said.

This is Borad's second time directing but his first directorial experience at Sac State.

"It has been an eye-opening process and has been very intense. We (have) a lot of good actors auditioning and the amount of work my cast has put in has been tremendous," Borad said.

Borad learned that it is not always easy working with your peers.

"It's a challenge; it's been really good but I have learned I have to step away from being a friend and step into being a leader and authority figure," he said.

Borad is hopeful that people will come to see the show.

"I am excited to find out if people think the play is as funny as I think it is."

Ciara Deiters, junior theatre major, is playing the role of Myra Sontaine, the love interest in "Murder Me Once." Deiters is very excited about the show.

"This is over-the-top soap opera-like play. My character is funny and sexy at the same time; a classic drama queen. Myra Sontaine, is the grieving widow and a stepmother. She is like the femme fatale bombshell."

Deiters is really excited for this outlandish farcical comedy.

"It's like a detective story where the detective is narrating as the action happens; it's a lot like 'Who Framed Roger Rabbit?' where what the detective is thinking in his head is being said outloud to the audience," she said.

Deiters believes that the entire One Act Festival is very positive, not only for the theatre department but for students too.

"I think that it's a great opportunity to work with students directing and a small show like the one acts could be a really big outlet for actors that do not always appear in the main stage shows; this gives them a chance to show what they can do," she said.

Deiters has enjoyed being able to work with Borad.

"David seems to have figured out how to control us, but still being able to be our friend. He knows what he wants and he has a good way of getting what he wants from us and he is still open to our opinions."

The One Act Festival will close at the end of this week. "Murder Me Once" can be seen at 6 p.m. today, Thursday and Friday. "Trifles" follows at 7 p.m. Both shows are in The Studio Theatre on campus located behind the Saigon Bay Express in the Library Quad.

Contact Cozette Roberts in the Features department at (916) 278-7248.

Facebook: Students say website does not decrease productivity

Continued | page B5

"Students who spend more time enjoying themselves rather than studying might tend to latch onto the nearest distraction, such as Facebook. Or students who use the social networking might also spend more time on other non-studying activities such as sports or music," Hsu wrote.

Thanh Nguyen, junior liberal studies major, said there is no excuse for bad grades.

"I don't think people should use Facebook as an excuse, people should have their priorities straight," he said. "It should be Facebook over college, every time."

Cook, himself a Facebook user, said the social networking site could cause more serious problems than just low grades.

"Being on Facebook too much can cause interrelationship problems," he said. "But then again, I think time away from homework can be related to so many other things like video games and chat rooms."

Some students find Facebook addicting and distracting.

Rachel Carlton, junior business major, said she checks her Facebook at least twice a day.

"It's so addicting; when I turn on my computer that's usually the first thing I do," she said. "Facebook ruins everything."

Carlton said she uses Facebook for social and homework purposes.

"For me, it's an easier way to locate people I have class with on Facebook than SacCT most times," she said. "It's a better, faster way to connect and get important information."

Kevin Wehr, assistant sociology professor, said he is friends with many of his students on Facebook.

"I think it's self-selection biased. In my experience, students who contact me on Facebook don't have low grades," he said. "More than anything the students I see doing poorly are texting in class and aren't entirely present."

Other Sac State students hardly ever use Facebook and find the networking tool only somewhat distracting.

Julio Gutierrez, freshman communication studies major, said he uses Facebook to organize study groups.

"I don't think Facebook takes away from my study time," he said. "A lot of times I use it to network and get study groups together."

Trista Tugman, junior psychology major, said addiction depends on what kind of person you are.

"It's very easy for people to get sucked into Facebook," she said. "But for me, homework always comes first."

Sabrina Vetter, senior communication studies major, said her grades are exactly the same as before she had Facebook.

"I've had Facebook for about five years now and I maybe check it once a day," she said. "But I don't think it has affected my grades at all; they have always been A's and B's, and they haven't changed."

Vetter said she agrees with the study though, and can see how someone might get lower grades because of Facebook.

"I think a lot of people are overly dedicated to Facebook, just because it has so many features and I see people spending hours on it."

Armando Perez, sophomore anthropology major, said he understands how easy it is to become addicted to Facebook.

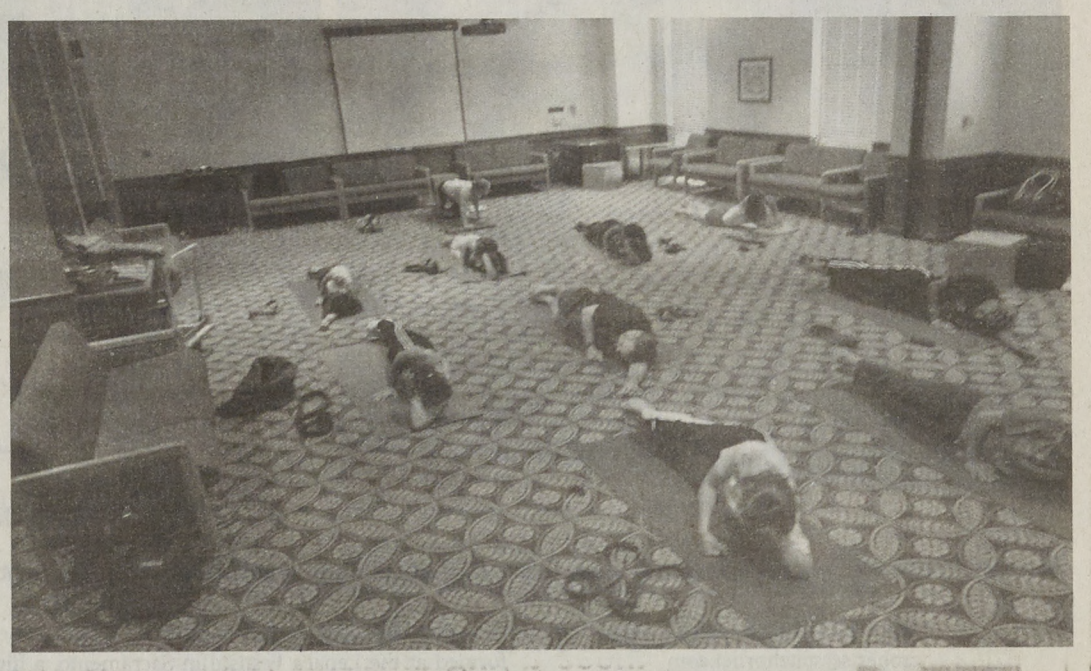
"I'm not addicted, but I've seen other people at school using the computer to check their Facebook," he said. "If there's (an) Internet connection, people will check it; it's just a habit, but not for me."

While he said he doesn't use Facebook much, he does say his grades could be better if he wasn't on MySpace as often.

"I think my grades could be better if I didn't go on MySpace as much," he said. "My grades were better before I got MySpace for sure; that's where all my distractions are."

According to the article, the research was presented at the annual meeting of the American Education Research Association on April 16.

Contact Amber Wertman in the Features department at (916) 278-7248.



File Photo State Hornet

Students participate in a free yoga class held by Sac State in the University Union last year.

Fit: Studios, gyms offer student specials, chance to get in shape

Continued | page B5

student, feels as though staying fit and working out is important to living longer and being healthy.

According to AARPMagazine.org, you can add years to your life by simply working out.

"Regular physical activity has been shown to reduce your risk of heart attack, stroke, Alzheimer's, and some cancers," writer Susan Crandel said in September 2006 after scientific research.

Stark is training for a triathlon and feels that when she works out, she is pushing herself to the limit.

"I'm all for (working out). For me, health and nutrition are really important. It is a lifestyle that so many people should look into because it really does make you happy," Stark said.

There are many options that are available here in Sacramento. Healthy Habbits Studio, located in midtown Sacramento, offers a variety of yoga classes for students and those who are interested in getting a good workout and a healthy lifestyle experience.

Classes range from $15 to $200, depending on how many you are willing to take.

There is also Sacramento Yoga Center that offers a variety of classes for beginners who want to do pilates. Those classes range from $12 to $60.

Other than yoga, there are many different gyms that students can attend. 24 Hour Fitness, located off Fulton Avenue, offers students discounts at different times of the year.

For more adventerous students, Sacramento Pipeworks offers not only the regular excersise classes, but 11,000 feet of climbing terrain. It is located at 116 N. 16th St., in downtown Sacramento and a day pass is only $16 after 3 p.m. and $9 before.

For students looking to get healthy this summer break, there are many options that they have to look forward to.

Contact Vanessa Johnson in the Features department at (916) 278-7248.

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The State Hornet is looking for a few good reporters, photographers and designers. Come be a part of Sacramento State's student-run weekly publication. You can report on breaking news, cover a major sports event, profile a campus club and even share your viewpoints - all while learning more about the campus we all call home! If interested, e-mail 2009-10 editor-in-chief Todd Wilson at twilson@statehornet.com. Previous journalism experience recommended but not required.

Samuel Merritt University...It's a Family Tradition

Frances Brown was not surprised when her 10 year old great-granddaughter announced she wants to study nursing at Samuel Merritt. Francis graduated in 1937 followed by two daughters (Nancy in 1960 and Elizabeth in 1961). Elizabeth's daughter Donna (Emily's mom) graduated in 1983. Frances is delighted with Emily's plans. After all, it's in her blood.

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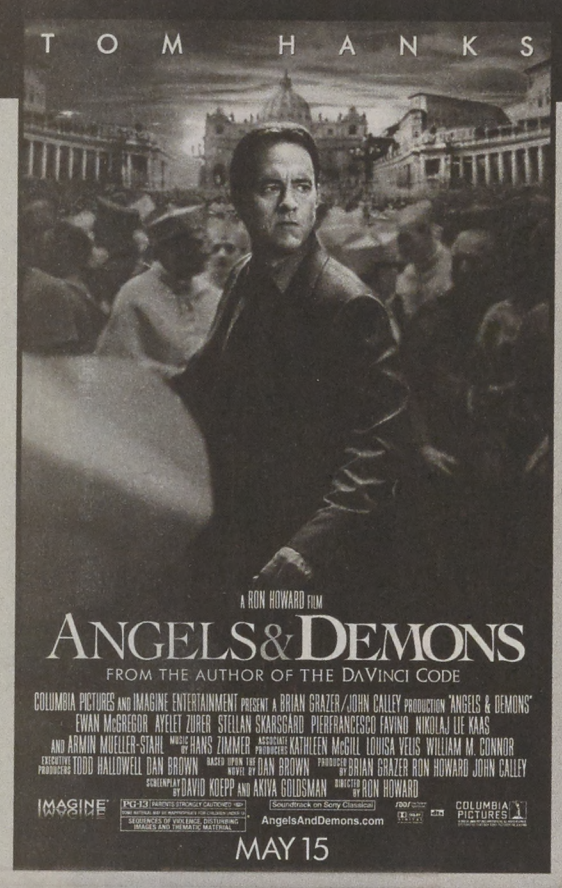

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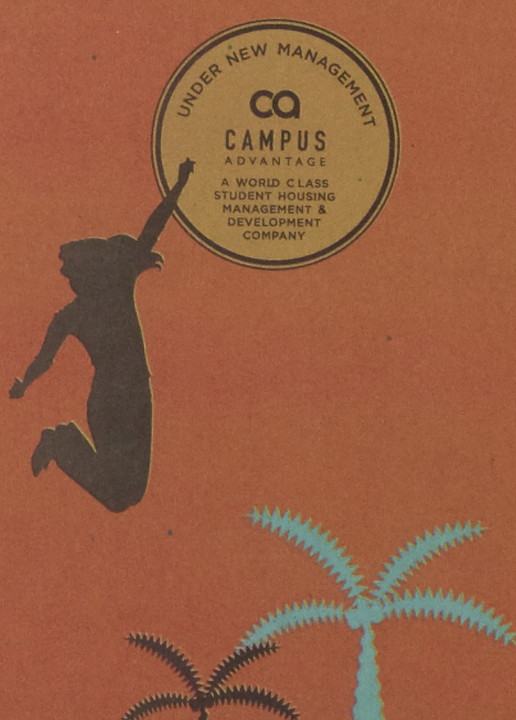

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